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Celebrity Buzz

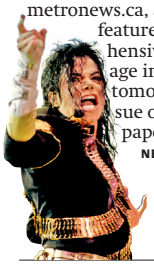
Will the real Brüno please stand up?
pg 29

Jackson memorial expecting millions

SERVICE Tens of millions of people around the world are expected to tune in to watch today's Michael Jackson memorial at the Staples Center in Los Angeles, according to the most recent media predictions. Many of the major TV networks including CTV, CBC, CNN and E! Entertainment are expected to broadcast the event, which takes place at 10 a.m. PT (1 p.m. ET).

The public memorial will feature performances by Mariah Carey, Usher, Stevie Wonder and other well-known stars, states a release on behalf of the Jackson family. Given the feverish interest in all things Jackson, the Los Angeles memorial could be one of the most-viewed events of all time.

Metro Canada will feature live updates of the memorial service today at metronews.ca, and will feature comprehensive coverage in tomorrow's issue of the paper. METRO NEWS SERVICES



MORE COVERAGE, PAGES 24, 25

T.O.Civil Strike

The latest news about the Toronto city workers' strike.
- Today
- **All the day's strike stories, page 4**

SunnySide

Follow Metro's SunnySide initiative as we help you find Toronto's good news.

China **Riots rage through cities**

NG HAN GUAN/THE ASSOCIATED PRESS

Chinese paramilitary police march by a square yesterday that was closed following riots in Urumqi, in western China's Xinjiang province. Riots and street battles killed at least 156 people and injured more than 800 in Xinjiang in the deadliest ethnic unrest to hit the region in decades, state media said. Officials said the death toll was expected to rise in the coming days.

More coverage, page

Trashing Toronto

San Francisco columnist warns travellers of mounds of garbage

T.O.CivilStrike

Travellers to Toronto beware. While Honduras has its military coup, Libya has its outbreak of bubonic plague and Thailand has its tourist extortion schemes, Toronto has, well, garbage.

Enough garbage, apparently, to make our city worthy of inclusion in a travel advisory column published in the San Francisco Chronicle that includes war zones and infectious disease hot spots.

"Garbage has been piling up around bins and residents were dumping their trash at 19 temporary dump sites, including city parks. Residents complained of the stench and visitors were surprised to see the mounds of trash throughout the city that is known for its cleanliness," Larry Habegger wrote in his syndicated Sunday column.

Habegger told the Toronto Star he was not trying to dissuade tourists from visiting Toronto, but merely making people aware of situations that could affect their plans.

> **"Somebody coming to Toronto expects to see a clean city."**
> Larry Habegger, U.S. travel columnist

"Somebody coming to Toronto expects to see a clean city and expects to see all the great things Toronto has, and if they're seeing garbage piled up all over the place and smelling the stench in the air, that will affect them," said Habegger, who learned about the strike through a Google news alert. He said he did not speak to anyone in Toronto.

Tourism Toronto and Ontario's Ministry of Tourism both declined to comment. TORSTAR NEWS SERVICE

Liberal MP bucks trend, reveals all expenses online

POLITICS Michelle Simson learned a simple lesson as assistant branch manager at a Scarborough bank: When handling other people's money, account for every penny spent.

The Liberal MP for Scarborough Southwest joins a club of one this week when she becomes the first federal politician to post all of the expenses that she claimed for the 2008-09 fiscal year on her website. There is about $95,000 to set up and run an office for five months, 75 per cent of what she was entitled to use; a negligible amount to wine and dine officials and constituents; and close to the maximum of about $25,000 that MPs are granted to rent and maintain a second home in Ottawa.

Michelle Simson

In choosing to reveal how she has spent taxpayers' money since the October federal election, she is bucking a trend of secrecy that crosses party lines and is fiercely guarded. TORSTAR NEWS SERVICES

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Exchange student drowns in cottage country
A 23-year-old student from India has died after being pulled underwater by a river current in the Haliburton area. Provincial police say Ramkumar Jose-Kumar died Friday when he was swimming with three other people in Irondale River at Furnace Falls in the Township of Minden Hills. THE CANADIAN PRESS

Local

Go easy on him, judge told

Garth Drabinsky, left, is a "unique individual" who should be handed a lenient sentence for his fraud conviction, a judge heard yesterday at the sentencing hearing for the theatre impresario found guilty of swindling Livent investors of millions. Defence lawyer Edward Greenspan asked the court to consider the 60-year-old Drabinsky's contribution to Canadian arts and his underlying health conditions before handing down a sentence. The convictions on two counts of fraud and one of forgery carry respective maximum sentences of 10 and 14 years. THE CANADIAN PRESS

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Tomorrow's Metro

Comment & Views

Paul Sullivan talks about trashing Toronto in the West View.

metronews.ca

WHAT'S ONLINE TODAY

Video Comrades gather at Kandahar Airfield to honour Canadian Cpl. Michaud at **metronews.ca/canada**

Video Japanese emperor meets Governor General during state visit at **metronews.ca/canada**

Lotteries

Ontario Pick 3: 4 8 4; **Ontario Pick 4:** 6 7 6 6
Encore: 8729327
Daily Keno: 5, 8, 11, 12, 16, 18, 19, 27, 33, 35 36, 41, 45, 47, 48, 52, 53, 55, 58, 68
These results are not official.

ShareYourViews

torontoletters@metronews.ca

Trolley parking plan hits pothole

Film workers, residents unhappy with locations for streetcar complex

A TTC plan to build a 22-acre streetcar complex on the eastern lakefront is making waves among residents and film industry workers concerned about the impact on their neighbourhood and their jobs.

Transit officials say they need the streetcar garage and holding track, expected to cost about $350 million, to accommodate the city's new fleet of 204 light rail vehicles. The new models, on order from Bombardier, are about twice as long as the current models that travel on the 11 existing streetcar routes.

The TTC has named six potential sites for the new complex. But its first choice is just north of the Ashbridge's Bay sewage treatment plant. The second is on Eastern Avenue, where a big-box retail development was nixed by the Ontario Municipal Board earlier this year.

The sites are among the few available in the city large enough to accommodate the TTC's needs, including storing about 100 cars at a time. Those two locations also would require the least deadheading — time spent shuttling cars to and from their service routes — according to TTC project manager Sameh Ghaly.

The TTC's old carhouses on Queen Street and Roncesvalles Avenue would still provide light maintenance, mostly cleaning, said Ghaly.

The alternative, 629 Eastern Ave., is a mothballed film studio now owned by Smart!Centres and Rose Corp. Some film workers want it reopened for small and mid-sized productions. It is the last one in the city suitable for TV and smaller feature productions, according to set decorator Cal Loucks.

She's worried that putting a streetcar garage there — with attendant construction, noise and vibration — could also drive other studios out of the area.

But Coun. Paula Fletcher (Toronto-Danforth) says the TTC facility would be good for the area.

TORSTAR NEWS SERVICE

Ashbridge's Bay most eyed

- The Ashbridge's Bay site has the advantage of being mainly city owned. A portion belongs to the Toronto Port Authority, with the potential for a 99-year lease.

One in four face rental bias: Study

STUDY At first, Kristen Stewart thought it was just bad timing when several apartments she was hoping to rent were no longer available when she showed up to view them.

But when a landlord looked her in the eye and coldly said he didn't rent to teens with babies, the truth hit like a slap in the face. As a young, black, single mom on welfare, nobody wanted to rent to her.

And she is not alone.

A groundbreaking study, to be released today, estimates about one in four single black parents and households on social assistance face moderate to severe discrimination in Toronto's tight rental market. The same is true for South Asians.

The study is one of the largest and most comprehensive of its kind in Canada. TORSTAR NEWS SERVICE

Summer **Squeaky clean fun in the square**

ADRIEN VEZZA/TORSTAR NEWS SERVICE

Camil Zyla, left, and Natalie Gonzalez in-line skate through the water fountains yesterday at Yonge-Dundas Square.

News in brief

ARREST A man deemed a dangerous predator by Durham police has been arrested in Oshawa after a woman was held captive and assaulted over a span of 12 hours Saturday. Donald Oag, 58, was arrested yesterday morning after a citizen recognized a man sought by police from media photos. TORSTAR NEWS SERVICE

Court orders fathers' rights activist to pay up

RULING An Ontario Superior Court judge has ordered a crusading fathers' rights activist to pay $20,000 to the federal government as punishment for mounting an ill-founded challenge to federal child-support payment guidelines.

Justice Alan C.R. Whitten ruled Lucien Khodeir's negligence lawsuit amounted to a delaying tactic designed to forestall him having to pay support orders of $1,230, including arrears for his children.

However, Khodeir said the cost ruling is another example of judges shutting the courtroom doors to self-represented litigants who display the audacity to attack a sacred legal shibboleth such as the child-support guidelines. THE CANADIAN PRESS

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City Hall's strike-free kid zone

It's a little-known fact that Hester How Daycare Centre at Toronto City Hall is not one of the 57 municipally run child-care centres where workers are on strike. Hester How is run by a non-profit parent board. The unions have agreed to allow the daycare to stay open, as it did during the 2002 strike. METRO NEWS SERVICES

Community compost hits bottom

Plan to ease trash woes dumped as site doesn't meet environmental standards

T.O.CivilStrike

It started out with the best of intentions.

Coun. Adam Vaughan held a news conference yesterday to announce the launch of a "community compost site" for residents of Ward 20 (Trinity-Spadina), which he represents.

The composter, a hole in the ground about 1.5-by-1.5-metres wide and about a metre deep, sits just beyond the front steps of Scadding Court Community Centre, at Dundas Street West and Bathurst Street.

Vaughan proudly showed off the composter he and the community centre worked to set up to give residents "sustainable ways" to manage waste building up during the strike by the city's outdoor workers.

The catch?

Ontario's Ministry of the Environment says the composter doesn't comply with the Environmental Protection Act because it contains waste from various residences, a definite no-no without a certificate of approval from the ministry.

JAN WILLMS/TORSTAR NEWS SERVICE

Krista Fry works on the new community compost facility at the Scadding Court Community Centre.

"Once they start accepting waste from other areas and other residences, more waste from a broader area, that's when you need the approval.

"That's when it becomes complicated," said Kate Jordan, a spokeswoman for the ministry, which got wind of the compost pit yesterday after the launch was broadcast on television.

"You need approval to ensure you are accepting waste properly, monitoring waste, storing and handling the site properly, taking measures to control odours, and you need security to make sure this happens," Jordan said.

"The requirements are there to protect public health and safety and the environment from any adverse effects," Jordan added.

Vaughan was notified yesterday afternoon that the composter will have to be shut down or an application made for a certificate, which requires a $200 administration charge plus a fee depending on the size of the pit.

While the councillor and community centre had been unaware of the rules, Kevin Lee, executive director of Scadding Court, said he plans to comply with the law.

The community centre operated a similar composter during the 2002 garbage strike — the ministry was apparently unaware — and used the compost on a community garden. TORSTAR NEWS SERVICE

Province wants bin programs examined

ENVIRONMENT Ontario has launched a province-wide probe into municipal green bin programs after a Toronto Star investigation found serious flaws with the organics program in Toronto.

"We have to fix these problems," Environment Minister John Gerretsen said.

"I want to change the regulations out there and I want greater oversight from the beginning to the end of the process," he added, in an interview that followed the Star's revelations over the weekend about Toronto's organics program.

The probe discovered that thousands of tonnes of green bin materials ended up in gravel pits and landfill or — in the case of plastic bags and diapers — was burned.

As well, tests conducted by the newspaper revealed extremely high salt content in the compost that was produced, making it a killer for plants.

Gerretsen said he now realizes the provincial regulations governing organic programs are out-of-date and standard rules are needed for all communities. TORSTAR NEWS SERVICE

Response

- Yesterday, the head of Toronto's organics program sent the Star a letter asking "our citizens" to continue to have faith in the green bin program.

Hockey coaching caused death: Dad

COURT Manny Castillo, 15, died during a Mississauga high school rugby game but his father believes it was the hockey coaching of his son's killer that caused the tragedy.

"My personal view on how this happened is there are some hockey coaches who don't teach kids to respect their opponents," Manuel Castillo told a Brampton court yesterday, reading from his victim-impact statement.

His son's killer, now 18, avoided jail yesterday when he was sentenced to a year's probation for manslaughter. TORSTAR NEWS SERVICE

McGuinty not about to end strike any time soon

T.O.CivilStrike

Health officials aren't sounding the alarm about Toronto's civic strike, so residents shouldn't expect the province to legislate an end to the dispute any time soon, Premier Dalton McGuinty said yesterday.

A 2002 strike came to an end with legislation, but McGuinty said that at that time there had been an advisory from health officials urging government action.

"To my knowledge, we have not received any advice that there's a need for us to act," McGuinty said, adding the government is under no strict deadline to force a resolution to the 15-day-old strike.

"We still think that the best thing for all of us to do is to encourage the parties to remain at the table and do what they can to resolve this."

Trash collectors are among about 24,000 inside and outside municipal workers who walked off the job June 22, bringing garbage pickup to a halt and closing many city-run programs and services.

To handle growing piles of waste, the city opened more than 20 parks as temporary drop-off sites, and on Sunday, public health officials began spraying pesticides on one of the smelliest sites — a downtown park.

In Windsor, Ont., city workers have been on strike for nearly three months.

McGuinty urged patience, saying a provincial mediator is working with both sides. THE CANADIAN PRESS

2009 strike timeline

DAY 1 Shortly after midnight, 30,000 indoor and outdoor workers go on strike, closing daycares, suspending garbage pickup and cancelling ferry service to the islands.

DAY 4 The city opens 19 temporary dumps for residential garbage

DAY 9 The city receives flak from environmentalists for spraying insecticide on trash piles.

DAY 13 A judge gives the city the thumbs-up to use pesticide at Christie Pits after protesters prevented a contracted worker from dousing the dump with the chemicals.

DAY 16 The strike continues ... TORSTAR NEWS SERVICE

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Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
2187 Queen St. E (The Beach)
2365 Yonge St. (north of Eglinton)
363 Front St. W (City Place)
455 Danforth Ave.
720 King St. W
38 - 1500 Royal York Rd.
8 - 1750 The Queensway
1184 Kennedy Rd.
3 - 2610 Weston Rd.
1061 St. Clair Ave. W
104 - 5050 Dufferin St.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Square)
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
101 - 6200 Dixie Rd.
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.

Oakville
Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Stouffville
1076 Hoover Park Dr.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

Ajax
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Bowmanville
West Bowmanville Shopping Centre
2384 Hwy. 2

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Snowbird crash report to be released

The Air Force is to release the final report today into the deadly May 2007 crash of a Snowbird Tutor jet. The report is expected to outline recommendations to prevent a similar crash. CANADIAN PRESS

Canada

Judge dismisses Gagliano's lawsuit

A Quebec judge has dismissed Alfonso Gagliano's lawsuit against ex-prime minister Paul Martin and the federal government over his firing as Canadian ambassador to Denmark. Gagliano was seeking $8 million in damages and more than $500,000 in salary he lost after Martin pulled him out of Copenhagen in 2004. Martin let Gagliano go after a report by the federal auditor general that led to Justice John Gomery's inquiry on the sponsorship scandal. THE CANADIAN PRESS

Jobs outlook much worse: Watchdog

Harper's Tories underestimated impact of recession on employment, says Page

Canada could shed a total of up to 1.2 million jobs this year and next, the parliamentary budget watchdog predicts.

Suggesting Prime Minister Stephen Harper's government has vastly underestimated the impact of the economic recession, Kevin Page says the employment picture is much worse than the federal Conservatives predicted in the January budget.

Page also says the Harper government's claim that it will be able to stop running annual budget deficits in five years cannot be believed. He says that in 2013-14, instead of balancing its books, Ottawa will still run a $16.7 billion deficit, according to those who have seen the independent budget officer's latest findings.

The cumulative federal budget over five years will hit $155.9 billion, Page forecasts. Based on recent government estimates, Finance Minister Jim Flaherty's calculations call for a cumulative deficit of only about $100 billion over five years.

Page, appointed parliamentary budget officer last year, has consistently produced economic forecasts that have proven more accurate than those from Flaherty and private sector economists.

The latest report has been provided to the House of Commons finance committee and will be made public later this week.

In it, Page says the medium-term outlook for employment is "significantly weaker" than predicted in Flaherty's Jan. 27 budget.

He says unemployment, currently at 8.4 per cent, will average 8.7 per cent this year, compared to Flaherty's estimate of 7.5 per cent for 2009.

And the budget officer sees the jobless rate going as high as 9.4 per cent in 2010.

Based on the government's forecast, Canada stands to lose an additional 160,000 jobs in 2009. But Page says the worse-than-predicted employment picture means that actual total job losses in 2009 could go as high as 530,000.

Page predicts real economic growth this year of minus 2.4 per cent.

TORSTAR NEWS SERVICE

Ruffled feathers in Ottawa

- Kevin Page's reports have ruffled feathers in Ottawa, beginning last fall when he released a report showing the Afghan war could cost $18 billion by the time the troops leave the country in 2011.
- A joint committee of MPs and senators recently warned Page, who has made a habit of releasing information to the public when it is released to MPs, should be kept on a shorter leash.

News in brief

STUDY Cardiac drug costs jumped a heart-stopping 200 per cent in Canada over just a decade, a new analysis shows. And the current $5 billion a year this country spends on prescription heart medications could double again by 2020 if moves aren't made to keep predicted increases down, a study published in the Canadian Medical Association Journal says. An aging population, increasing obesity, inflation and new medication classes helped send cardiac drug spending soaring between the period covered by the study.

TORSTAR NEWS SERVICE

New isotopes source approved

TREATMENT Minister of Health Leona Aglukkaq announced yesterday that Health Canada has approved a new source of the medical isotope Iodine-131 to treat thyroid cancer in Canada.

Health Canada has authorized Draximage of Montreal to supply I-131 from South Africa's Safari reactor to Canadian health care facilities. This decision comes after the department determined that I-131 produced by the Safari reactor was safe and effective for use by Canadian health care providers.

Leona Aglukkaq

Production of I-131 in Canada was interrupted by the unplanned shutdown of the Chalk River National Research Universal reactor in May.

"This is good news for thyroid cancer patients in Canada and their health care providers," said Minister Aglukkaq.

"Our Government continues to find solutions to help address the current isotope shortage."

The minister added that the approval means that Draximage will continue to supply all of Canada's requirements for the I-131 isotopes.

The company says the transition to this new supply source will be seamless and immediate.

THE CANADIAN PRESS

Japan **Historic visit**

TRACEY TONG/METRO CANADA

Japan's Emperor Akihito and Empress Michiko wave to crowds in Ottawa yesterday. Their visit to Canada, which celebrates the 80th anniversary of the first Canadian diplomatic mission in Japan, marks the first Japanese Imperial visit in Canadian history.

Aboriginal protesters blockade landfill site

Protesters at a landfill site under construction in Simcoe County have taken their demonstration up a notch.

Native Canadian protesters have now blockaded the entrance to the landfill, known as Site 41 in the southern Georgian Bay region.

Anishinabe Kweag spokeswoman Vicki Monague says protesters allowed a security guard at the site to leave this morning before the blockade was set up.

The protesters say the blockade will stay until Ottawa becomes involved in the battle over whether the land will become a landfill.

The environmental services manager for Simcoe County, Rob McCullough, says excavation work continues to prepare the site to accept trash in the fall.

He says some workers are entering through a separate entrance.

THE CANADIAN PRESS

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Experiment victim subject of AGO exhibit
Velma Orlikow was subjected to brainwashing experiments financed by the CIA and the Canadian government in the 1950s. Half a century later, she is the focus of a new exhibition created by her granddaughter, Winnipeg-based artist Sarah Anne Johnson, at the Art Gallery of Ontario. THE CANADIAN PRESS

TIM WIECLAWSKI/METRO CANADA

Ottawa Mayor Larry O'Brien enters the courthouse yesterday morning with his wife, Colleen McBride. O'Brien will not testify in his trial on charges of influence peddling.

O'Brien trial hears final arguments

TIM WIECLAWSKI
Metro Canada

COURTS Closing arguments in Ottawa Mayor Larry O'Brien's influence peddling trial are expected to wrap up today after the defence chose not to call any witnesses in support of its case.

In his closing arguments, Crown prosecutor Scott Hutchison insisted there was a "mountain of circumstantial evidence" supporting the testimony of his primary witness Terry Kilrea.

O'Brien is facing two criminal charges stemming from allegations that he attempted to get Kilrea an appointment to the National Parole Board in exchange for Kilrea dropping out of the 2006 mayoral campaign.

Hutchison insisted that email exchanges and phone conversations between Kilrea, O'Brien and Ottawa West-Nepean MP John Baird could only make sense according to Kilrea's version of events.

If O'Brien's version of the narrative were true and the parole board appointment was a dead issue mere hours after their July 12 meeting, then his e-mails and conversations with Kilrea after that date make no sense, Hutchison said.

Kilrea's story, Hutchison insists, is reinforced by testimony from Nepean Carleton MPP Lisa MacLeod and John Light, a former Kilrea supporter and executive assistant to MP Pierre Poilievre.

"He would have to be some kind of genius to sit down and make up this story and miraculously have it fit so perfectly to all these matters of objective truth," said Hutchison. "There are adjectives that come to mind when you think about Terry Kilrea, but Machiavellian schemer isn't one of them."

O'Brien's defence lawyer, Michael Edelson, is expected to complete his closing arguments today.

Canada gets B in economics: Board

ECONOMY Canada is still a B student when it comes to economics, says the Conference Board of Canada.

The research organization released a report card yesterday on the economic performance of the world's 17 richest countries, and said Canada managed to maintain its overall B grade and an 11th-place ranking in 2008 despite the global economic crisis.

Canada clung to its "relative position" even though its economy was hampered by increasing unemployment, declining per capita income, slowing growth in economic output and dwindling labour productivity. The global recession exacted a much deeper toll on other countries, such as Ireland. Still, Canada's 11th-place ranking suggests it "remains near the back of the class" among wealthy countries, said economist Glen Hodgson.

TORSTAR NEWS SERVICE

RCMP on hunt for predator

Suspect accused of sexually assaulting six-year-old at knifepoint

JEFF HODSON
Metro Canada

Mounties in Surrey, B.C., yesterday released a composite sketch of a man accused of sexually assaulting a young girl at knifepoint.

RCMP Sgt. Roger Morrow said the six-year-old girl "has been very strong throughout this whole ordeal."

The sketch is based on a description from the young victim's 12-year-old brother, who was threatened with a knife and told not to move while the man assaulted his sister.

Morrow cautioned, "It is not a definitive picture, but rather a tool that our investigators will be using."

None of the three children said they had seen the suspect prior to the assault, Morrow added.

"(The girl) has been very strong throughout this whole ordeal."
Sgt. Roger Morrow

A man in his late 20s or early 30s approached the youths with a folding knife and forced them into a treed area. There he threatened the two boys before taking the girl to a different area and sexually assaulting her. Police were notified of the attack more than 20 hours after it occurred. The girl's father plastered posters around the neighbourhood, warning parents to be on the lookout.

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the Bay

Lawyer wants video suppressed in fight club case

A lawyer for a man accused of organizing fights among developmentally disabled Texans for entertainment argued yesterday that cellphone videos of the events should be suppressed. The videos were expected to be a centrepiece this week as four former employees at the Corpus Christi State School go on trial. THE ASSOCIATED PRESS

World

Accused cat killer likely sociopath: Police

A Florida teenager accused of killing more than a dozen cats fits the profile of a sociopath and responded with laughter when police first spoke to him about the deaths, a detective said in an affidavit released yesterday. Tyler Weinman, 18, has already filed a written plea of not guilty to 19 counts of animal cruelty and improperly disposing of an animal body. He also faces four counts of burglary related to the cat deaths. If convicted, Weinman could face up to 158 years in prison. THE ASSOCIATED PRESS

Ethnic riots in 2nd China city

Riots and street battles killed at least 156 people and injured more than 800 in China's western Xinjiang province Sunday in the deadliest ethnic unrest to hit the region in decades, state media said yesterday. Officials said the death toll was expected to rise.

Police sealed off streets in parts of the provincial capital, Urumqi, after discord between ethnic Muslim Uighur people and China's Han majority erupted into violence. Witnesses reported a new, smaller protest yesterday in a second city, Kashgar. The unrest is another troubling sign for Beijing at how rapid economic development has failed to stem resentment among ethnic minorities, who say they are being marginalized in their homelands as Chinese migrants pour in.

Mobile phone service and social networking site Twitter were blocked, and Internet links were cut. Rioters on Sunday clashed violently with police. State TV aired footage showing protesters attacking and kicking people on the ground. Others, who appeared to be Chinese, sat dazed with blood pouring down their faces. THE ASSOCIATED PRESS

Dutch protests

- Dutch police arrested about 60 demonstrators yesterday after they threw stones at China's Embassy during a protest linked to the violence in China.

Spain **Make it rain**

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Revellers enjoy the cooling effect as they are sprayed with red wine at 'Chupinazo,' the official opening of the San Fermin fiestas in Pamplona, Spain, yesterday.

Egyptian mourners accuse Germans of racism

MURDER Egyptians are horrified by the slaying of a pregnant Muslim woman stabbed repeatedly inside a German courtroom, calling what they see as a lack of outrage in Germany evidence of racism. Thousands of mourners yesterday marched behind the coffin of Marwa al-Sherbini, 32, in Alexandria, where her body was buried after being flown back from Germany.

"We will avenge her killing," her brother said from the mosque. "In the West, they don't recognize us. There is racism."

Al-Sherbini, who was four months pregnant, was involved in a court case against her neighbour for calling her a terrorist and was set to testify against him when he stabbed her 18 times inside the courtroom in front of her three-year-old son.

Her husband came to her aid and was also stabbed by the neighbour and shot in the leg by a security guard who initially mistook him for the attacker. THE ASSOCIATED PRESS

News in brief

COUP Honduras' interim government closed its main airport yesterday after blocking the return of ousted President Manuel Zelaya, who is expected to meet with U.S. Secretary of State Hillary Clinton today.

IRAN Opposition leader Mir Hossein Mousavi made his first appearance in a week yesterday, vowing to continue his campaign against a government that he said lacks legitimacy. THE ASSOCIATED PRESS

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Search on for Yemenia Airways black boxes
French navy divers are at the site of the Indian Ocean crash to search for the black boxes belonging to Yemenia Airways Flight 626. THE ASSOCIATED PRESS

Mom pleads not guilty to murder bid charge

A woman accused of withholding cancer treatment from her autistic son by cancelling appointments and not filling prescriptions pleaded not guilty yesterday to an attempted murder charge in the boy's death.

Kristen LaBrie was ordered held on $15,000 US cash bail during her arraignment yesterday in Salem Superior Court. She did not speak during the brief hearing, except to enter the pleas to attempted murder, child endangerment and other charges. She shook her head as a prosecutor outlined the allegations against her.

Father's role

- The boy's father, Eric Fraser, was divorced from LaBrie. He and LaBrie shared custody of the boy until about a year ago, when she was given full custody. The alleged medication withholding took place while the boy was mostly in LaBrie's care.

LaBrie's son, Jeremy, had been diagnosed with leukemia in 2006. He was nine when he died in March.

Prosecutors say LaBrie, 37, cancelled appointments for chemotherapy treatment, did not fill at least half her son's prescriptions and tried to deceive doctors into believing she was giving the boy the proper care.

LaBrie's attorney, Kevin James, said yesterday LaBrie was a single mother with "severe financial problems" who bore the burden of taking care of her son, who had a serious form of autism.

"She is a victim. She is the mother who takes care of her child," James said.

LaBrie had earlier been charged with child endangerment; a grand jury returned the more serious indictment Friday.

THE ASSOCIATED PRESS

Sanctions against N. Korea helping: U.S.

MISSILE SCARE The impending return home of a North Korean ship suspected of carrying illicit cargo shows efforts are working to enforce UN sanctions imposed against the country after its nuclear and missile tests, the chief of U.S. Naval operations said yesterday. The UN punished the North after its May nuclear test with a resolution and tough sanctions to clamp down on alleged trading of banned arms and weapons-related material. THE ASSOCIATED PRESS

News in brief

BAGHDAD Iraq's government has banned all organized visits to Saddam Hussein's grave in the village of Ouja, the dictator's birth place north of Baghdad. A statement said the ban followed a recent trip to the grave by school girls from Tikrit. THE ASSOCIATED PRESS

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Comment

The corporate kingdom

When are people finally going to say enough is enough?

John Manley has been named to replace Tom d'Aquino as the head of the Canadian Council of Chief Executives, the ultra-powerful lobby group for corporate Canada.

Manley is a great catch for the corporate kingdom. As former industry minister and finance minister, he comes to the job with credibility and respect. It will be much needed because one of these days the dam is going to burst on the issue of corporate entitlement.

How much can the people take?

Consider the record. The corporate kingdom was highly instrumental in crashing the economy and now the taxpayer has to foot the bill, the auto sector being the prime example, to bail the companies out.

Many among the financial elite who wreaked economic havoc have walked off with millions in golden handshakes and compensations. The outrageousness of perks and executive compensation is well-documented. Our prime minister is paid $300,000 per year. Corporate executives get that in a fortnight. If they screw up on the job, they end up getting more.

Their tax write-offs are something to behold. Our sport of hockey has become hostage to corporate boxes. If you don't have an arena with 100 luxury suites, sorry, you don't get a team. And if you have a team with suites, the fan has to pay hundreds of dollars to go to a game, partly because of the tax-break infrastructure that caters to the corporate culture.

Canada's corporate taxation rate has gone down, down, down in modern times because of what basically amounts to blackmail. The corporations threaten to move offshore if they don't get their way on tax breaks. The threat works, the result being that much of the tax burden falls to the rest of us.

Corporate boardroom structures are a farce. The boards of directors are often chosen by the executives of the corporation. The board then negotiates and doles out salaries and limos and airplanes, etc., to those same executives. Shareholders are supposed to be in control. It doesn't work that way.

The time is ripe for an overhaul of corporate culture. In the United States, President Barack Obama announced a salary cap of $500,000 for executives of companies that receive a lot of bailout cash. But many of his measures against corporate greed have been watered down.

Here, much noise is made about the excesses of corporate entitlement. But action is another thing. This is stuff made in heaven for the New Democratic Party. For the Liberals it should be a high priority as well. The question is: Where are they?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Future looks bleak for retirement savings

In theory, Canadians will retire on a mix of income from government pensions and entitlements, personal savings, and workplace pension plans. In practice, they can really only count on the first two. Even then, the Canada Pension Plan and benefits like Old Age Security will only fill a portion of their needs.

When it comes to personal savings and workplace pensions, though, our future looks bleak. For years, we've saved less and less. People were putting away more than 10 per cent of their disposable income in the mid-1980s; lately, it's closer to two per cent.

Even hard-core savers face obstacles. Those who save by investing in retail financial products are hit by high sales and management costs that undermine eventual yields. When stock markets dip, registered retirement savings account values follow, which explains why there was a six per cent decline in the number of people making RRSP contributions last year.

But why save when you can spend? Earlier this year, the Certified General Accountants Association reported that national household debt has reached $1.3 trillion, and 85 per cent of Canadians are carrying outstanding balances on their credit cards. Personal lines of credit now show outstanding balances of $181 billion. That's nearly four times the amount that was outstanding in 2000.

At worst, this country faces an unprecedented rise in personal insolvencies in the next few years. At best, all that accumulated debt will have to be paid down, further weakening our ability to save for retirement

Public and private sector employers can't help us out of this mess. Corporate and public sector pension plans have been struggling with funding deficits since the tech bubble burst in 2000, and remain billions short of their long-term funding commitments. In cases like Air Canada, where the pension shortfall is about $6 billion, the outlook is scary.

Making up funding deficiencies will take years. The corporate sector is also trying to lessen future needs by steering workers into defined contribution pension plans where companies aren't locked into pre-determined benefit payouts the way they are in traditional defined benefit plans.

However you define it, only 5.9 million workers are covered by employer pension plans. Of Canada's 11 million or so other workers, many have arrangements like company assisted RRSPs, while at least 3.5 million have no company plans at all.

Next: The growing pressure for a new, expanded public pension plan.

PensionSeries

(Editor's note: This is the second part of a three-part series by Charles Davies on pension plans.)

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

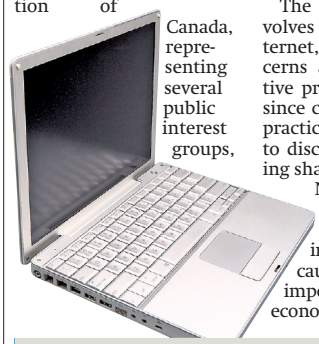
MICHAEL DE ADDER

Worth mentioning

Groups urge fair and equal Internet access

The federal regulator has an obligation to Canadians to ensure efforts by Internet providers don't unjustly discriminate against certain classes of users when they manage their networks, consumer groups said yesterday.

In a presentation that drew a line in the sand between end users and big Internet service providers, the Consumers' Association of Canada, representing several public interest groups, told CRTC commissioners it was their responsibility to ensure access is fair and equal.



The Canadian Radio-television and Telecommunications Commission called the one week of hearings to determine under what conditions providers such as Bell, Rogers Communications, Telus, and Quebecor can control flow of traffic on their networks.

The issue not only involves the speed on the Internet, but also raises concerns about anti-competitive practices and privacy, since certain management practices allows providers to discern the content being shared by users.

NDP digital affairs spokesman Charlie Angus said the hearings were critical because of the Internet's importance in the new economy. THE CANADIAN PRESS

Metro Online Poll Results

23% SAID YES	Are you paying attention to political speeches during the summer months? *Weigh in on today's question at metronews.ca*	77% SAID NO

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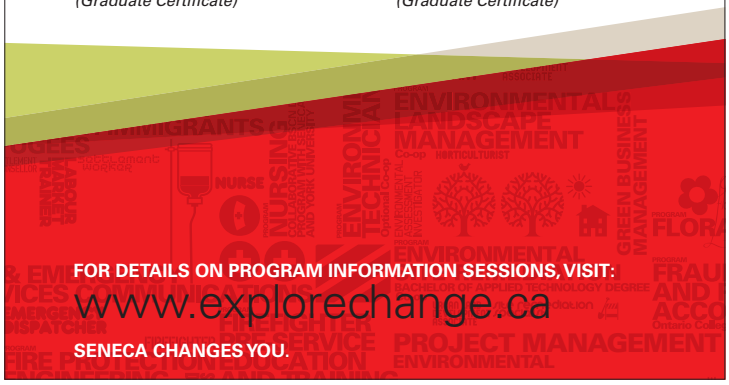

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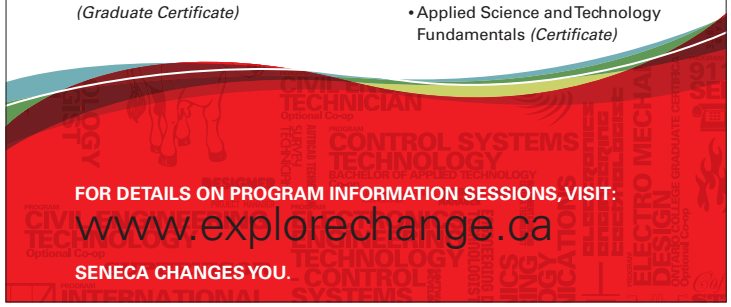

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SENECA CHANGES YOU.

Ubisoft coming to Toronto

Video game developer Ubisoft will establish a major video game studio in Toronto by the end of this year with the help of a $263-million investment deal with the Ontario government that will create 800 jobs over 10 years. Ubisoft will itself invest $500 million in the new studio. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Air Canada resubmits labour deal

VOTE Air Canada's largest union will vote again on a key labour agreement after the airline clarified its position on work outsourced to Aveos, a private repair and overhaul company spun off by the company's parent. The second vote by unionized mechanics, baggage handlers and technical staff will take place July 14.

Last week, members of the International Association of Machinists and Aerospace Workers narrowly rejected the deal, which would give Air Canada wage freezes and other concessions it says it needs to brave the economic downturn.

The tentative agreement between Air Canada and its unions calls for a 21-month extension of the current contract.

THE CANADIAN PRESS

Homegrown Veggie trend

ANDREW VAUGHAN/THE CANADIAN PRESS

Ben Murray displays a tomato plant at the Halifax Seed Co., which was founded in 1866 and is the oldest company of its kind in Canada. Local garden centres across the country are reporting an increasing interest in home vegetable gardens citing consumer curiosity, economic conditions and environmental concerns to explain the trend.

Business in brief

NORTEL U.S. private equity firm MatlinPatterson Global Advisors is considering leading a bid that would put a stop to the split-up and sale of Nortel Networks and help it emerge from under its financial woes.

THE CANADIAN PRESS

Housing spring fling

Buyer's market turning into seller's dream

Multiple offers. Frenzied buyers. Higher prices. In the middle of a recession Toronto real estate has gone from a buyer's market to what looks like a seller's market. But can it last?

Some analysts say the spring fling will be exactly that — a quick bump up in numbers with a much more sombre fall to come.

"You had pent-up demand from the winter where nobody bought anything, and then these really low interest rates that brought everyone back into the market," said Shaun Hildebrand, senior market analyst for Canada Housing and Mortgage Corp.

10,955

The number of resale homes sold in June — up 27 per cent from June of last year. The average home price was $403,972, up two per cent from 12 months earlier.

Analysts don't expect the rebound to last. At least not until job numbers pick up substantially. Since October the unemployment rate has leapt to 8.4 per cent from 6.3 per cent.

One reason for the uptick in real estate is that remedies to fight the recession, such as low interest rates, have helped to turn around the market.

Another reason is active listings are down 30 per cent from last year. That causes prices to rise.

TORSTAR NEWS SERVICE

Appeal could delay GM's exit from bankruptcy

RULING A bankruptcy judge has ruled that General Motors Corp. can sell the bulk of its assets to a new company, potentially clearing the way for the automaker to quickly emerge from bankruptcy protection.

U.S. Judge Robert Gerber said the sale was in the best interests of both GM and its creditors, whom he said would otherwise get nothing. But a Chicago law firm representing people who have sued GM in several auto accident cases said yesterday it would appeal to U.S. District Court in New York.

The deadline to appeal is Thursday, after which the sale is free to close.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Fun, free and fulfilling

Reader submits his ideas for the good life

AlisonOnMoney

You'd be surprised how volunteering your time can be as fun as it is personally fulfilling. And, of course, it's free.

This column is dedicated to Barry of Halifax (because he basically wrote it.)

A few weeks ago I talked about how to find value in life without a hefty price tag. I didn't expect such an outpouring from you readers.

Barry sent me some ideas for those who enjoy the simple life. That's the only point of departure between Barry and me: There's nothing simple about his suggestions. Easy, yes, simple, no.

1. Invite an older person (or two!) in your building or town to come for supper and make the night magical for them and for yourself. Cook a homecooked meal and even put a tablecloth on your table. If you don't have a tablecloth, use a clean bedsheet. (Remember those student days!)

2. Have an outside dance for a few people. Invite little Johnny and granny too! Make your own drums or clap your hands.

3. Put a jigsaw puzzle together as a get-together. Gather guests around — it can be lots of old-fashioned fun.

4. Go outside in a group or a few people and lie down on the grass and dream all those dreams that are wanting to be released from your mind. This is for all ages. (I think there was a Robin William's movie with just such a theme.)

5. Take your dirty clothes to a friend's house to wash. Watch a movie in between loading and unloading and folding. Then, the next time, invite your friend to your place and do it all again. (What a brilliant idea! A laundry party.)

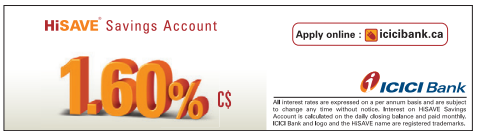
6. Read a short story to a blind person, a child or to someone confined in bed. It's actually highly entertaining.

In closing, Barry wrote, "I tried to think of entertainment that the poorest of people could do but that the richest people would enjoy as well." Well done Barry. Thanks.

Alison's Money Rule:

- Take a little creativity, add a dash of heart and suddenly adding enjoyment into your life turns out to be pretty inexpensive.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



Here's my two cents on the new five-cent bag

MoneyMatters

Q I find it ridiculous, after spending over a hundred dollars at the grocery store; the retailer adds insult to injury and charges five cents per bag. To top it off, I was charged a tax on the bag. Must they charge a fee and are they taxable? How much and where does it go?

— Irene, Toronto

A You, me and all Toronto's city dwellers are adjusting to the new plastic bag bylaw introduced by Mayor David Miller.

As of June 1, all retailers must charge a minimum of five cents per plastic bag. The City of Toronto's objective is to divert 70 per cent of waste from landfill, reduce volume of plastic bags and encourage reusable bags. Retailers are not allowed to absorb the charge.

The "charge" is subject to GST and PST (provided taxable items, including the bag, exceed 21 cents). However, what is 13 per cent of five cents? Not much of a tax grab for federal or provincial government. We won't go broke because of the tax on plastic bags.

Retailers do not remit the five cents to the City of Toronto but keep it as profit, provided they are fortunate enough to have a profit in these economic times. The city, however, encourages the retailers to give back to the community. Maybe, the city in conjunction with an environmental group should have established a special fund for environmental initiatives.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

Finding your financial happyness

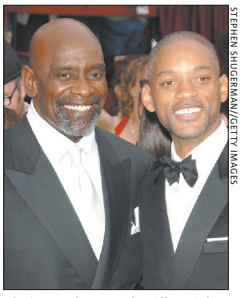
ELISABETH BRAW
Metro World News

FEATURE Chris Gardner has a unique perspective on money: he's gone from living on the streets of San Francisco to becoming a top stock broker with Bear Stearns.

"The problem with Wall Street is greed," explains Gardner. "A very small number of greedy people created our current financial troubles. Politicians talk about regulation, but how do you regulate greed?"

The dashing 55-year-old was portrayed by Will Smith in the film The Pursuit of Happyness. Riding the New York subway recently, he encountered hundreds of people carrying boxes: They had been laid off.

"But being laid off isn't a disaster," he says. "It's an opportunity to ask yourself, 'What do I really care about?.' The best and brightest won't eye a Wall Street career anymore."



STEPHEN SHUGERMAN/GETTY IMAGES

Chris Gardner and Will Smith.

Chris' tips

Gardner gives career advice in his new book. Start Where You Are. He shares his top tips with Metro:

- What are you truly passionate about? That's where your success lies.
- Think outside the box when it comes to a career shift. And don't be afraid to take a job that's not your dream job if it will teach you some of the skills that your dream job will require eventually.
- Network. Make friends before you need friends.
- Money is the least significant component of wealth. Don't judge yourself by what's in your bank account. Money comes and goes but your conviction and talents cannot be traded, negotiated or sold.

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Cubs sold for $900M, report says

Tribune Co. has reached an agreement to sell the Chicago Cubs and Wrigley Field to Tom Ricketts for roughly $900 million, according to a person familiar with the negotiations. Reports say that Major League Baseball and Tribune creditors still must approve the sale. METRO NEWS SERVICES

Sports

JDG to TFC?

Canadian international soccer player Julian De Guzman, left, revealed on the It's Called Football show yesterday that he was considering a "lucrative" offer made by Toronto FC. He is also looking at offers from across Europe and said Toronto would have his decision within the next week. To watch the show, which also included an interview with Canadian interim head coach Stephen Hart, visit metronews.ca/blogs. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Leafs bolster blue-line

Beauchemin signs for three years, rejoins Burke in Toronto

Francois Beauchemin has seen what Toronto Maple Leafs general manager Brian Burke has been able to accomplish so far this summer and feels confident about one thing.

"We should have a decent D here," the blue-liner said on a conference call after agreeing to a three-year deal with the Maple Leafs.

His contract was announced on a busy day for Burke, who also signed first-round pick Nazem Kadri to an entry-level contract, re-signed forwards Ben Ondrus and Ryan Hamilton to one-year contracts and added free-agent forwards Jay Rosehill (two years), Tim Brent (one year) and Richard Greenop (three-year entry level contract).

But Beauchemin is the latest big piece in Burke's makeover of a club he repeatedly characterized as too soft last season.

He joins a defence bolstered by the additions of fellow free agent signing Mike Komisarek and Grant Exelby, who was acquired as part of the trade that sent Pavel Kubina to Atlanta.

DOUG PENSINGER/GETTY IMAGES

Francois Beauchemin signed a three-year contract with the Toronto Maple Leafs yesterday.

Luke Schenn and Tomas Kaberle, whose name is a staple in the rumour mill, are among the notable incumbents left from last year's group.

"They added obviously some size in Komisarek and Exelby, so I'll try to fit in and do what I can to help the team," said Beauchemin.

"I try to play an aggressive style of game ... I just try to be hard to play against." THE CANADIAN PRESS

Overloaded D

The addition of Francois Beauchemin gives the Leafs nine defencemen with a real chance to make the team. Here they are with age and cap hit in U.S. dollars.

- Mike Komisarek, 27, $4.5 million
- Tomas Kaberle, 31, $4.25 million
- Francois Beauchemin, 29, $3.8 million
- Jeff Finger, 29, $3.5 million
- Luke Schenn, 19, $2.975 million
- Mike Van Ryn, 30, $2.9 million
- Garnet Exelby, 27, $1.32 million
- Jonas Frogren, 28, $1.065 million
- Ian White, 25, $850,000

TORSTAR NEWS SERVICE

Canada looks to keep rolling at Gold Cup

SOCCER Canada's men's soccer team is building momentum.

An organized Canadian side opened the 2009 CONCACAF Gold Cup impressively with a 1-0 win over Group A opponent Jamaica last Friday in Los Angeles, Canada's third consecutive victory under interim coach Stephen Hart.

The goal is to extend that streak against a strong El Salvador squad tonight at Crew Stadium in Columbus, Ohio.

"It's obviously important in the first game of a tournament to get off to a good start and we managed to do that," Canadian captain Paul Stalteri said yesterday after the team's practice at the Columbus Crew facility. "It was a bit of a tricky game for some of us coming off of our summer breaks. It was important that we were well organized, and found our rhythm early in the game.

"Tactically, we weren't spot on, but we were close."

Stalteri knows the El Salvador match will be a challenge. The captain emphasized the need for Canada to be as sharp as the previous outing, while maintaining possession of the ball for as long as possible rather than chase defensively.

El Salvador sits alongside Canada with three points atop Group A — considered the Gold Cup's "group of death" — following a 2-1 win over Costa Rica Friday.

"It's important that we stay focused, stay disciplined and stay organized," added Toronto midfielder Julian De Guzman. "If we can do those three things I think we can come away with three points."

Canada's difficult draw hasn't phased De Guzman or his teammates.

"This is a wake-up call," he said. "It's never going to be easy to be one of the best in CONCACAF. The group that we're in, it puts us in a certain state of mind and I think we do well when we're focused." THE CANADIAN PRESS

Gun found at scene of McNair death belonged to slain girlfriend, police say

SHOOTING Police say the gun found at the scene where former NFL star Steve McNair died was bought by his girlfriend less than two days before the two were shot to death.

Nashville police spokesman Don Aaron said yesterday that 20-year-old Sahel Kazemi bought the semi-automatic handgun Thursday evening from a person he didn't name.

An autopsy showed McNair and Kazemi died early Saturday. He was shot four times and his death has been ruled a homicide. She was shot once and Aaron said police are still waiting for ballistic and gunpowder residue tests before deciding if she was slain or committed suicide.

Their bodies were found in a Nashville condominium leased by McNair, who was 36.

Aaron said that as far as he knows, McNair was not with Kazemi when she got the gun. THE ASSOCIATED PRESS

Sports in brief

KOVALEV The Ottawa Senators signed Alex Kovalev to a $10-million US, two-year contract yesterday. The 16-year veteran spent the past six seasons with the Montreal Canadiens and led the team with 26 goals and 65 points in 2008-09.

ECCLESTONE Formula One boss Bernie Ecclestone says he regrets the uproar caused by his reported praise of Adolf Hitler's leadership, but insists he is not resigning. In an interview with The Associated Press yesterday, Ecclestone defended his weekend comments that Hitler "got things done."

OLYMPICS Alexander Ovechkin is offering his help to organizers of the first Winter Olympics in his native Russia. Ovechkin has agreed to serve as an "official ambassador" for the 2014 Sochi Games, organizers said yesterday. METRO NEWS SERVICES

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Cleveland at Chicago White Sox
Texas at L.A. Angels
Baltimore at Seattle

NATIONAL LEAGUE

YESTERDAY

Chicago Cubs 4 Atlanta 2
Philadelphia 22 Cincinnati 1
Pittsburgh at Houston
Washington at Colorado
San Diego at Arizona
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Cincinnati at Philadelphia
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Atlanta at Chicago Cubs
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GOLD CUP SOCCER

GROUP A

	W	L	T	Pt
El Salvador	1	0	0	3
CANADA	**1**	**0**	**0**	**3**
Costa Rica	0	1	0	0
Jamaica	0	1	0	0

TODAY
AT COLUMBUS, OHIO
El Salvador vs. **CANADA**
Jamaica vs. Costa Rica

FRIDAY
AT MIAMI
Costa Rica vs. **CANADA**
El Salvador vs. Jamaica

Jays to use 12th starter this season
Left-hander Marc Rzepczynski will make his major league debut tonight when he starts for the Blue Jays against Tampa Bay. THE ASSOCIATED PRESS

JIM MCISAAC/GETTY IMAGES

Blue Jays pitcher Ricky Romero pumps his fist to celebrate an out in the third inning during Toronto's 7-6 win over the New York Yankees yesterday at Yankee Stadium.

Romero ties Jays record

24 straight scoreless innings matches team rookie mark

MLB RESULTS

Toronto 7 N.Y. Yankees 6

AT

Ricky Romero extended his scoreless streak to 24 innings before Eric Hinske homered in his Yankees debut, and the Toronto Blue Jays held on to beat New York 7-6 yesterday and avoid getting swept in a four-game series.

Alex Rios hit a three-run homer in the third inning off Andy Pettitte (8-4), John McDonald homered leading off the seventh and Scott Rolen extended his career-best hitting streak to 23 games with a two-run double in the seventh against an ineffective Brian Bruney.

That built a 7-1 lead, just enough offence for Romero (7-3) to win his fourth straight start. The 24-year-old rookie left-hander allowed three runs and seven hits in 6⅓ innings. He tied the franchise rookie record for consecutive shutout innings set by Mark Eichhorn in 1986 before Hinske homered in the fifth.

Toronto started an all right-handed-hitting batting order for only the second time this season, according to STATS LLC. The other was May 14 against the Yankees' CC Sabathia.

THE CANADIAN PRESS

To vote for Adam Lind to get the final AL All-Star spot, visit Stealing Home at: metronews.ca/blogs

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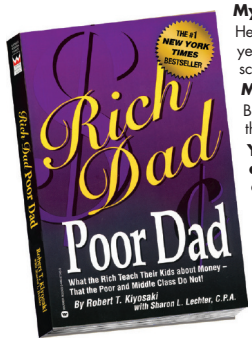

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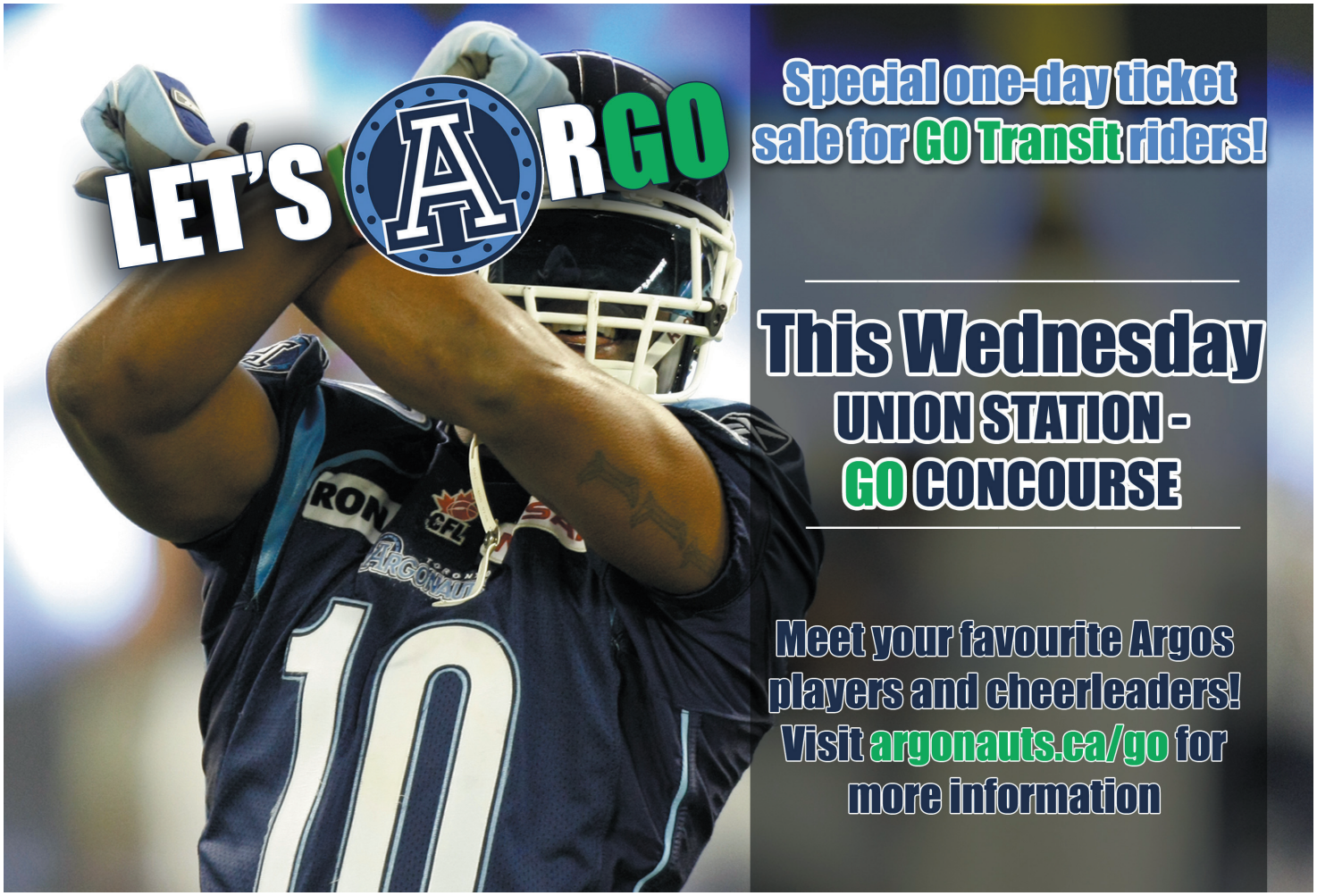

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fit, avoid diabetes

Take the stairs, get off the bus early, go for 'activity breaks'

CELIA MILNE
For Metro Canada

ISTOCK PHOTO

Reduce your chance of getting diabetes by committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

If you add physical activity to your life — even a bit at a time — you might be doing more than just losing weight. You'll be reducing your chances of getting diabetes.

People who aren't very fit are two to three times more likely to develop diabetes, according to a new study published in Diabetes Care.

The study was interesting because it tracked almost 4,000 people for 20 years to find out the relationship between their fitness levels and whether they developed diabetes. In the end, people with lower levels of fitness were significantly at higher risk of developing diabetes over the 20 years.

Patterns of physical activity are often established early and don't change much. "Patients who have low fitness in their late teens and 20s tend to stay the same later in life or even get worse," says Dr. Mercedes Carnethon of Northwestern University in Little Falls, N.J., who led the study.

So how can you get started? It is ideal to exercise for 30 to 60 minutes a day. But Carnethon suggests that if that's not part of your lifestyle, you can begin with small changes and build towards more exercise.

"I encourage building up smaller periods of activity over the course of the day. Although 10-minute bouts of moderate to vigorous activity are ideal, there is evidence that small intense bouts of activity are also helpful. Those include taking the stairs instead of the elevator or escalator, getting off the bus one (or two) stops early and walking the remainder of the distance, and taking brief 'activity breaks' during long periods of sitting," says Carnethon.

Incorporate activity into your daily living

She also suggests committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

You can also build fitness into the time you spend on community service. For example, she says, many animal shelters welcome volunteers who are willing to come and walk their dogs and play with them. "My recommendations are that individuals make a commitment to incorporating activity into their daily living and find activities that are fun and can be sustained year round. By doing so, physical activity can become a habit."

Wallaroo hats can help protect skin from the sun's UV rays.

Wallaroom hats sun safe

FASHION Hats are making a comeback and not just for aesthetic reasons.

Wearing a hat, especially a wide-brimmed one, may help protect you from developing skin cancer — especially in the hot summer sun.

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CELIA MILNE/
FOR METRO CANADA

Health in brief

EXERCISE People expect to break a sweat during their workout — what they likely don't anticipate is a celebration. If that's the case, they've probably never been to a Nia class. Unlike other group-led aerobics programs where participants try to keep up by modelling their moves to mirror the instructor, Nia adheres to a different philosophy: Move in a way that best suits you. The formula behind the body-mind-spirit program seems to have resonated. A quarter-century since Nia's creation, the specialized technique which blends movement forms and Eastern and Western traditions from martial arts, dance arts and healing arts, like yoga, has approximately 2,000 licensed teachers in more than 37 countries around the globe. Co-founders Debbie Rosas and Carlos Rosas are making the 25th anniversary a global event by embarking on a tour that has already stopped in 20 cities. Visit nianow.com.

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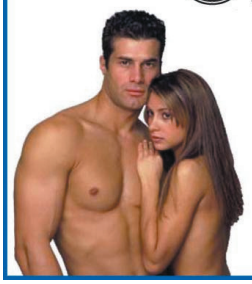

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If you have any questions or concerns please contact: joelsthomson@gmail.com

Your yoga passport

DENISE SURETTE
For Metro Canada

Yoga brings many of us a strong sense of peace, tranquility and fitness — but usually at a price.

Classes can run anywhere from $16 to $20 per class, and up to $120 per private session.

Toronto's yoga community, under the guidance of internationally renowned yogi YuMee Chung, has come together once again to offer up the Passport to Prana initiative, where you can get more yoga for a lot less cash.

The Passport to Prana is a like a yoga debit card. A card costs $30, which entitles you to one free class at 48 studios across Toronto. If you were to pay an average of $18 per class for 48 classes, you would end up shelling out a whopping $864.

"I love that it's too good to be true," says Chung, the brains behind the passport. "People have access to every part of the city and every style of yoga."

The initiative, found at passporttoprana.com, started with Chung and other yogis in Toronto looking for a way to spread their enthusiasm for yoga. The passport began with just eight studios more than four years ago, and has spread like wild fire all the way to Ottawa and soon to Vancouver.

The passport may be one of the few extras people aren't cutting out since the recession.

"This is our best year yet," says Chung. "I hear stories of people who went to every single studio."

This growing enthusiasm for yoga is exactly what Chung and her associates were hoping for. Chung's passion for yoga began when she was a busy lawyer trying to find balance between her work and the rest of her life. After seeing chiropractors and physiotherapists to ease the strain of her long hours at a desk, she found the benefits of yoga took care of all her pains.

The 48 yoga studios offer a variety of yoga styles to try. Some more vigorous styles such as power or flow yoga are great for yogis looking for an intense workout. People looking for a more relaxing type of meditative exercise would do well trying hatha yoga, which is slow and stress releasing.

For $30, yoga enthusiasts can purchase a Passport to Prana card, which allows you to attend 48 yoga classes across the city.

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5 arm-toning moves

Using both dumbbells and your own body weight

AMANDA VOGEL
For Metro Canada

Do these four exercises then look forward to showing off your well-toned arms in four to six weeks. Another major bonus: You'll also build bone strength to help protect against osteoporosis.

How to get started

What to lift: For dumbbell exercises, use five- to 10-pound (two- to five- kilogram) weights. Once you can easily do 12 repetitions, try heavier weights.

The workouts: For each of the target areas, do either the dumbbell or the body-weight routine three times per week. Take at least one day's rest between workouts.

The repetitions: Complete one to two sets of eight to 12 repetitions for each of the exercises you do.

ISTOCK PHOTO

For dumbbell exercises, use five to 10-pound (two- to five-kilogram) weights. Once you can easily do 12 repetitions, increase weight.

Works: biceps

1. Self-Resisted Curl

A. Stand with feet hip-width apart and toes forward. Let right arm hang by your side with palm facing forward. Reach left arm across body, placing left palm on top of right palm.

B. Bend right elbow, bringing hand slowly up to the shoulder while pressing palms together to create resistance. Keep right elbow close to body.

C. Still pressing palms together, lower right arm to your side. Complete the set; switch sides.

2. Horizontal Curl with Dumbbells

A. Holding a dumbbell in each hand, raise arms straight out to the sides until elbows and hands are almost level with shoulders, palms facing up.

B. Bend arms upward to 90 degrees, keeping upper arms parallel to floor and elbows level with shoulders (they'll also benefit from this exercise). Palms face in.

C. Straighten arms to the starting position; repeat.

Works: anterior and middle deltoids

3. Sideways Plank Walk

A. Get into a plank position: like a push-up, with arms straight and only the hands and toes on the floor. Tighten abs. Align hands under shoulders; place feet slightly wider than hip-width apart.

B. Move your right hand about five inches (13 cm) to the right, then move your left hand the same distance to the left. Your hands should now be slightly wider than shoulder-width apart.

C. Return each hand to the starting position. Repeat, alternating leading hands.

4. Side Raise with Dumbbells

A. Stand with feet hip-width apart and knees slightly bent. Holding a dumbbell in each hand, let your arms hang by your sides, palms facing in.

B. Keep a slight bend in your elbows as you raise your arms out to the sides until the dumbbells are level with shoulders and palms face the floor.

C. Lower your arms; repeat.

Works: triceps

5. Triceps Push-up

A. Get into a push-up position with arms straight but with knees on the floor and feet in the air. Hands should be under your shoulders but closer together than in a regular push-up.

B. Tighten abs and bend arms, bringing chest toward the floor. Keep upper arms close to your sides and back straight. Elbows should point behind, not out.

C. Straighten arms to the starting position; repeat.

Other tools

Dumbbells have a tight grip on the fitness scene, but other equipment can also strengthen your arms. Here are two widely available tools that have muscled their way into health clubs:

- Medicine Ball: Build your arm, chest and torso strength as you lift, lower, toss and catch this easy-to-grip weighted rubber ball. Weight increments vary from about two to 20 pounds (one to 10 kgs).
- Resistance Band: Rubber bands come in a variety of intensities that differ in how hard they are to pull. They are portable, easy to stow away in a drawer and lightweight. (If you have kids, you don't need to worry about a weight dropping on small toes.)

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The sexsomnia defence

Bizarre sleeping-assault case more common than most think

The J Spot
Josey Vogels
metronews.ca/thejspot

Stress, chronic sleeplessness or alcohol or drug abuse may lead a person to engage in what is known as "sexsomnia".

This week, Jan Luedecke, the Toronto landscaper who was acquitted in 2005 for sexually assaulting a woman because he was sound asleep at the time of the assault, was scheduled to appear before a panel to determine if he should have any long-term restrictions on his freedom. Instead the panel ordered Luedecke undergo a "full and complete risk assessment" before making their decision.

Sexsomnia, like insulin, five-pin bowling and the term "cougar," is a Canadian discovery. I first heard about it at a sexuality conference in Guelph several years ago when Dr. Paul Fedoroff, a forensic psychiatrist in Ottawa presented research suggesting that stress, chronic sleeplessness, or alcohol or drug abuse may lead a person to engage in sexual behaviour while sound asleep. The research, which Fedoroff completed with co-researchers Dr. Colin Shapiro and Dr. Nik Trajanovic of the University of Toronto, first appeared in 1996 in a paper called Sexsomnia – A New Parasomnia? that was published in the Canadian Journal of Psychiatry in June 2003.

"Sexsomnia, like insulin, five-pin bowling and the term 'cougar,' is a Canadian discovery."

It was good timing for Luedecke as it was the wee hours of a house party in July 2003 when a woman woke up on the couch to find Luedecke having sex with her. He was found not criminally responsible for the assault because he was asleep at the time.

He testified that he had been overworked, overstressed, sleep-deprived, taken magic mushrooms and knocked back a whole bunch of booze, pretty much in line with Fedoroff's definition of "sexsomnia."

As bizarre as this all sounds, Luedecke's case is not the first.

In December of 2005, a British man was cleared of three counts of rape because he suffered "sexsomnia" and wasn't conscious during the act.

In August 2007, a British mechanic was cleared of a rape charge after the jury found him not responsible for his actions when he had sex with a 15-year-old girl while asleep.

And it's not just a guy thing. In 2004, an Australian woman was reportedly leaving her house at night and having sex with strangers while sleepwalking.

Any type of sleepwalking is rare, occurring in about three per cent of children and young adolescents, and 0.5 per cent of adults. According to research, four per cent of adults who suffer from the condition carry out sexual behaviour.

Luedecke's assessment, to be carried out at the Centre for Addiction and Mental Health in Toronto, will be completed by Aug. 28. Based on this, the panel can then decide whether or not he should be committed to hospital or to place certain conditions on his release such as refraining from drug or alcohol use.

• For the latest sex news, visit Josey's blog Sexcetera at metronews.ca/blogs

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Metro Workology exclusive: Backstage Pass
In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and metronews.ca/work every day.

Workology

Private Toronto college shut down

The Ontario Ministry of Training, Colleges, and Universities has suspended registration of Bond College of Business & Technology, a Toronto-based private career college, for failing to comply with the province's Corporations Tax Act. The school did not maintain its registration as a corporation with the government. No students were enrolled at the college at the time of its closure.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

From small to big

T.O.'s Grogs Creature Shop brings passion to puppets

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

Playing with puppets is serious business for Jason Hopley and Jamie Shannon, co-founders of The Grogs Creature Shop in Toronto.

The two passionate artists have done projects for heavyweights like Disney, Nickelodeon, Teletoon and the CBC and have set their sights on feature films next. Their pre-school series Nanalan, which runs on the CBC and PBS networks, won a Gemini Award and their newest series Big & Small is already a fresh hit on Treehouse TV.

Hopley believes the popularity of The Grogs' distinctive characters comes from the humanity they try to infuse into the puppets.

"We try to make things real — we're not going for that saccharine quality. We strive to bring a real humanness to the characters," Hopley said.

Best friends since they attended the Claude Watson School for the Arts in Toronto's Willowdale neighbourhood, Hopley and Shannon embody a fairytale story of two self-taught artists who have found success creating, writing and producing all their own work.

Big & Small by The Grogs airs on Mondays on Treehouse TV.

After leaving school, Hopley and Shannon spent two years at YTV, starting in 1993, creating dozens of puppet characters and performing live three-minute short bits while building up their skills on the fly.

"We just learned from doing, on live TV. It was the best learning ground," Shannon said.

The whirlwind years at YTV were instrumental in developing Hopley and Shannon's skills since they had no formal training and Hopley is still amazed at the level of responsibility and creativity YTV allowed them to have.

"We were just two 19-year-old guys doing improv live-to-air across Canada — I still can't believe it," Hopley said.

Wanting to do their own thing, Hopley and Shannon left YTV to start The Grogs, spending the first few years developing characters, building puppets and trying to break out professionally.

At the start they had to scrounge cash together for glue, felt and other materials while building puppets in an ex-girlfriend's mom's basement. Hopley admits they even nabbed a thrown-away foam mattress or two for spare parts.

"We were broke. A lot." Hopley said.

Nowadays each puppet their studio creates costs no less than $2,000 to produce and budgets for their projects can run in the millions.

Nurturing each other's artistic vision and being honest with each other are both big parts of why the creative partnership works and being best friends for almost three decades also helps.

Hopley admits living his creative dreams every day is a highly satisfying career.

"I wake up every morning and play with toys. If I died tomorrow, I'd pretty much be a happy man," Hopley joked.

Jason Hopley in The Grogs Creature Shop in Toronto.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

For more of the Backstage Pass exclusive series check Workology frequently or stop by:
metronews.ca/work

Workology in brief

EXECS UP FOR CHANGE A study conducted by the Association of Executive Research Consultants in New York, has found that 75 per cent of currently employed executives would consider changing jobs if the opportunity arose. According to the international study, in which five per cent of respondents were Canadian, 74 per cent of the 1,518 executives surveyed cited poor company values as the catalyst for this sentiment, while 64 per cent said it also came down to lack of career development in their current job. Just over half of the respondents said they face a significant increase in competition for executive level positions from five years ago.

H1N1 FLU According to The Toronto Star, Canadian employers are quietly stockpiling emergency supplies of antiviral drugs in an effort to protect employees from potential pandemics like the H1N1 flu, which has affected 60,000 people around the world so far. At the recent World Conference on Disaster Management, held in Toronto, corporate risk mangers were told that antiviral drugs are the most effective way to reduce absenteeism during a pandemic.

HEATHER BUCHAN/
FOR METRO CANADA

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Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.

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McGill and Oxford partner up
On Friday, McGill University announced that it has forged a partnership with the University of Oxford to broaden understanding of the human brain. METRO NEWS SERVICES

LGBT people still face hurdles

HEATHER BUCHAN
for Metro Canada

Women aren't the only employees who still feel the glass ceiling when it comes to the workplace.

Michael Bach clearly remembers his colleagues' derogatory gay jokes and offhanded comments that made him so uncomfortable when he was in his 20s. Although he had come out to himself when he was 16, and told his parents he was gay two year later, Bach kept his sexual orientation secret from his colleagues until he was 30.

"I would go to the extent of changing pronouns when I talked about my life," recalls the 39-year-old, who today is the national director of Diversity, Equity and Inclusion for KPMG LLP in Canada. "So, instead of saying 'my boyfriend,' I would say 'my girlfriend.' It's amazing how stressful that can be." The reason for Bach's double life: His fear of the repercussion that would affect progression in his career.

It's been 40 years since Canada decriminalized homosexuality, and although lesbian, gay, bisexual and transgender (LGBT) Canadians enjoy legislated human rights protections, as employees they still experience discrimination at work that limits their career advancement, according to a Canadian study released earlier this month by Catalyst.

"Leaders who understand the bottom-line benefits of diversity should be eager to implement LGBT-inclusion programs."
Catalyst's VP
Deborah Gillis

Deborah Gillis, vice-president for Catalyst, North America, who has worked on LGBT issues for 15 years, says this is due, in large part, to a lack of awareness.

"That lack of awareness and understanding of LGBT individuals leads to discriminatory behaviours, from blatant or direct forms of homophobia, to exclusion from networks or opportunities, to inappropriate humour that's used in the workplace," she explains of the study's findings.

Bach agrees: "There is an enormous lack of awareness about what this subject means," he says adding that this leads other employees to rely on stereotypes. "A lot of people who don't know, think it's about sex. We're not talking about sex. We're talking about sexual orientation."

Bach points out that when heterosexual employees have pictures displayed of their opposite-sex spouse on their desk, their kids, their wedding day photos, that is, in essence, sexual orientation. "Lack of awareness breeds an environment where people don't feel comfortable just being themselves," says Bach.

According to Gillis, when companies implement inclusive diversity practices such as training that dispels stereotypes and creating and enforcing anti-discrimination policies and practices, LGBT employees indicate greater career satisfaction and greater commitment on their part to their company.

"Leaders who understand the bottom-line benefits of diversity should be eager to implement LGBT-inclusion programs," says Gillis.

Scotiabank is one company that has implemented such programs. Not only did it sponsor the Catalyst study, but Scotiabank has also implemented it's own Pride Network, which, among other things, helps their LGBT employees find mentors.

Reflecting on a recent event to hosted by Scotiabank to discuss the study's findings, Gillis says: "Having a discussion in the heart of Canada's financial district with some of the largest businesses in the country, talking about LGBT employees as an asset to organizations, just showed me we're made a lot of progress, despite some of the challenges ahead."

AARON LYNETT/TORSTAR NEWS SERVICES

The Rainbow Flag is raised in Nathan Phillips Square for a recent Pride Week. Despite many advances, studies have shown that the LGBT community still faces discrimination in the workplace.

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Willis enrols in 90210
Rumer Willis' latest TV gig will take her to 90210. The eldest daughter of Bruce Willis and Demi Moore, Willis will appear on at least one fall episode as Gia, a lesbian reporter for West Bev's Blaze news show, a CW rep confirms. TVGUIDE.COM

Entertainment

Birthday boy
Tom Cruise turned 47 over the weekend with wife Katie Holmes and three-year-old daughter Suri. On his July 3 birthday — spent Down Under — Cruise caught an Australian Football League game. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Taylor Swift raps and rocks

Country star teams up with Def Leppard and T-Pain

IAN NATHANSON
for Metro Canada

UNIVERSAL MUSIC PHOTO

Taylor Swift, at age 19, has already sold seven million records.

Well aware of her image as a wholesome adolescent country music sensation, Taylor Swift occasionally throws her fans off with her choice of collaborators.

Last year, CMT aired a Crossroads special that saw Swift team up with British hard rockers Def Leppard. And during last month's airing of the 2009 CMT Music Awards, Swift paired with the unlikeliest of duet partners — rapper T-Pain — on a humourous video called Thug Story.

That T-Pain-Swift bit, Swift explains during a telephone conference call, "was a collaboration between me and CMT. (The network) came to me and said we want you to be the focal point of the (show's) intro. They wanted me to play on the fact that all these (TV) specials that I do focus on me having a dream and setting my sights on accomplishing it. So why not think of some crazy things that people wouldn't expect you to do?

"So they let me write this rap. And T-Pain wanted to hear the track beforehand. I got up and rapped this whole thing for him and he couldn't stop laughing. The video was hilarious to shoot, too: I go to the mall, buy gangsta jewelry at this kiosk for $40. It was all meant to be really funny stuff."

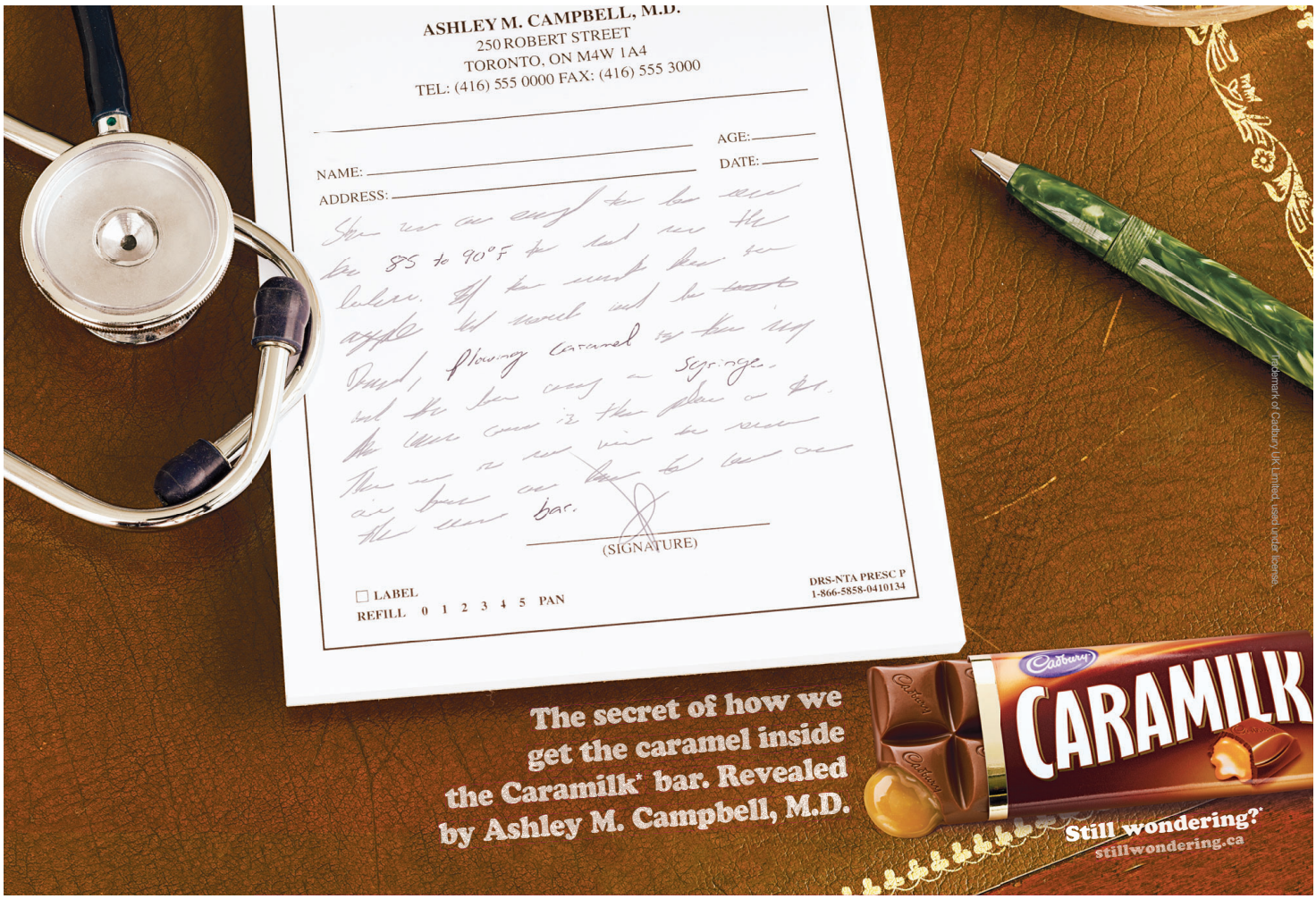
Her collaboration with Def Leppard, though, was a much more serious affair but equally as fun.

"Stepping into someone else's studio is one of (my) favourite things," Swift says. "I have so many different levels of respect for people who make music that is different from mine. I understand what I do the most, but that's only because I've been doing my music for the longest time."

Swift has now topped the seven million mark in total record sales, which includes the triple-platinum late 2008 effort, Fearless. And her publicity continues to grow: A cover story for Rolling Stone magazine, ads for the Got Milk campaign, numerous awards including awarded the Academy of Country Music's Crystal Milestone Award (given for outstanding achievement in the genre) plus cameos in the Hanna Montana and Jonas Brothers In 3-D movies.

All this and a revelation of a public breakup with Joe Jonas, too. But Swift had her say on that subject months ago and is currently focused on her debut headlining tour, which she explains will feature some theatre-style elements to the performance.

"I grew up doing children's theatre," Swift says. "What I thought might be cool would be to have a big element of tour revolve around the theatrics to my songs — just dramatizations of what I've gone through in my life and what's going on inside my head."



Miller guests on Law & Order

Prison Break star Wentworth Miller will guest star in the Season 11 premiere of Law & Order: SVU. Miller will play a NYPD cop named Nate Kendal, who saves a rape victim and crosses paths with Benson and Stabler. SVU premieres Sept. 23. TVGUIDE.COM

Mom loses fight over will

Jackson attorney, friend should run estate: Judge

Michael Jackson's longtime attorney and a family friend should take over the pop singer's estate, a judge said yesterday.

Los Angeles Superior Court Judge Mitchell Beckloff issued his ruling after a court hearing yesterday morning. Attorney John Branca and music executive John McClain had been designated in Jackson's 2002 will as the people he wanted to administer his estate.

Jackson died June 25, deeply in debt. But a court filing estimates that his estate will be worth more than $500 million US.

The singer's mother, Katherine Jackson, had applied to oversee her son's estate, but that was before the will surfaced. Her attorney, Burt Levitch, expressed concerns about McClain and Branca's financial leadership.

Levitch told Beckloff that Branca had previously been removed from financial positions of authority by Jackson. Branca's attorney says he was rehired by Jackson on June 17, days before Jackson's death.

Katherine Jackson did not appear at the hearing. Branca did attend.

Branca and McClain will have to post a $1 million bond on the estate, Beckloff ruled. Their authority over the estate will expire Aug. 3, when another hearing on the estate will be held.

"Mr. Branca and Mr. McClain for the next month are at the helm of the ship," Beckloff said.

Katherine Jackson's attorneys had asked that she be appointed to serve as a co-administrator with Branca and McClain.

GETTY IMAGES

Katherine Jackson's attorneys had asked she be appointed to co-administrator of the estate.

Beckloff did not grant that request. Beckloff considered which powers over the estate to give to McClain and Branca. Beckloff stressed that Katherine Jackson should be given complete information about major transactions, but that he as the judge would grant final approval.

John E. Schreiber, an attorney for Katherine Jackson, said, "Frankly, Mrs. Jackson has concerns about handing over the keys to the kingdom."

Paul Gordon Hoffman, an attorney for Branca and McClain, said some of Katherine Jackson's concerns were unfounded.

"We're not aware of any real conflicts at all," he said in response to a claim that the men may have business dealings with parties such as concert promoter AEG Live.

In contrast, Hoffman said Jackson's mother had more of a potential conflict administering the estate because she is a likely beneficiary.

"If there are any conflicts by the parties, Katherine Jackson rather than Mr. McClain and Mr. Branca have them," Hoffman said.

A public memorial has been scheduled for Jackson in downtown Los Angeles today. More than 1.6 million people registered to win the coveted free tickets, and only 8,750 names were chosen.

Los Angeles officials are concerned about other fans clogging city streets

Downtown hotels were quickly filling yesterday, and police warned those without tickets to the memorial to stay away.

THE ASSOCIATED PRESS

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Taylor sets record straight

Elizabeth Taylor took to her Twitter account to set the record straight about her upcoming hospital stay. "Although my grief over Michael could not be any deeper, I am not on suicide watch as some of the cheaper 'rags' would have you believe," she wrote. METRO WORLD NEWS

Ex-wife attending service

Michael Jackson's ex-wife Debbie Rowe will attend the pop superstar's memorial service.

Former Jackson business associate Marc Schaffel said on ABC's Good Morning America that Rowe was confirmed for VIP seats. Rowe is the mother of Jackson's two oldest children.

Meanwhile, Los Angeles City Councilwoman Jan Perry said she'd "love it" if the Jacksons helped defray some of the city's expected costs associated with Tuesday's memorial, but that officials hadn't heard from the family.

Perry said the city didn't immediately have an estimate of those costs. More than 1.6 million fans registered online for a chance to attend the Staples Center ceremony, and only 8,750 names were chosen. Los Angeles officials are concerned about other fans clogging city streets.

"We're encouraging people to stay away," Perry said on CBS' The Early Show yesterday.

The Rev. Al Sharpton, in an appearance Monday on ABC's Good Morning America, made no mention of whether the Jacksons would help the city with some of the expected costs.

GETTY IMAGES

Los Angeles police Sgt. Boris Washington briefs fellow policemen at the Staples Center yesterday. Police set perimeters around the venue, where the Michael Jackson memorial is to be held today.

"The city is trying to do what it should do to secure people," said Sharpton, a family friend. "That's what cities do. Clearly, no one in the family are happy that the city is incurring any expense at all. You're talking about an historic figure that will have an historic celebration, probably one that we would not see similar in this generation."

Meanwhile, lucky fans celebrated when they got an email saying they had scored the hottest ticket in town. "Congratulations, your application was successful," said the message sent to Deka Motanya, 27, of San Francisco.

She immediately Twittered: "OMG OMG OMG OMG i got tickets to the michael jackson memorial service!!!"

Each selected person gets a pair of free tickets, with the odds of being chosen about 1 in 183. Dozens of police officers and a fire truck were parked outside Dodger Stadium yesterday, where ticket winners could start picking up their coveted passes.

Nancy Kothari, 31, drove all night from Yuma, Arizona, to be at the stadium before the gates opened.

"I grew up with Michael Jackson, with his music," Kothari said. "Thriller was the first album I ever had."

Kothari said she expected the service to be "extremely sad."

Ticket winners were to show up at Dodger Stadium with a unique code and instructions to pick up tickets. A wristband was to be placed on each person's wrist. Organizers will check IDs to make sure those picking up wristbands are the same people who originally applied online. Fans must have both the ticket and the wristband to enter Staples Center today. Wristbands that have been ripped, taped or tampered with will be voided. THE ASSOCIATED PRESS

Scalpers selling tickets online for thousands

TICKETS Michael Jackson's concerts always were difficult to get tickets to, but that's nothing compared to the pop star's memorial service.

On eBay, bids for tickets for today's event were reaching as high as $1,000 US and $3,000, though it was impossible to verify the seriousness of those bids. Others were submitting offers more in the $100 to $200 range.

On Craigslist, asking prices also were in the thousands. Some unable to attend, though, simply wanted to give away their tickets — as one post read — "to only true fans."

Congressman blasts Jackson

POLITICS A New York congressman says in a YouTube video that Michael Jackson was a "pervert."

Representative Peter King said society is "glorifying" a "low-life" while ignoring others like teachers and police officers.

Jackson was acquitted of molesting a boy. In the video, the congressman says the "day in and day out" coverage of Jackson's death is "too politically correct." THE ASSOCIATED PRESS

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TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/7/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Best of The Agenda		North and South		*A Married Couple* (1969, Documentary)		
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Broken Bird"		The Office		NCIS		News
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		Stampede
	214	344	7	CITY	Law & Order: SVU		Privileged		Murdoch Mysteries (HDTV)		Make Me a Supermodel		News (N)
	212	313	8	CTV	Corner Gas	Hollywood	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	Taking It Off		Better Off Ted	Rocker Moms	Ruby	Ruby	News (N)
	137	763	13	TFO	Panorama été	Esprit	Sur la Piste de	Villages	*Un soir, un train* ★★ (1968, Drame)			Folie-aventure	Esprit
	-	-	14	-	Raymond	According-Jim	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Presumed Dead* (2005, Suspense) Sherilyn Fenn.				The DVD Show	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Broken Bird"		The Mentalist (HDTV)		(10:01) 48 Hours Mystery		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Great American Road Trip (N)		America's Got Talent (N)		Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	The Superstars (N)		Better Off Ted	Scrubs	Primetime: Family Secrets (N)		News (N)
	219	346	20	ACH-B	The Road to Avonlea		Monk Submarine death.		America's Got Talent (N)		Cupid (N)		News (N)
	-	-	28	FOX	Judge Judy	Two/Half Men	*Legally Blonde 2: Red, White & Blonde* ★★ (2003, Comedy)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (DVS)		Nova scienceNOW (N)		God on the Brain (DVS)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Model Behavior"		Hitched or Ditched		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Playing the Machines		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports		American Originals: Budweiser		Swoosh! Inside Nike		Mad Money
sports	405	417	22	net	Billiards: U.S. Open Nine-Ball		UFC Top 100 Fights		Soccer CONCACAF Gold Cup -- Canada vs. El Salvador. (Live)				Sportsnet Con.
	400	400	30	TSN	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)						SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Cycling Tour de France -- Stage 4. From Montpellier.						Cycling
family	417	406	81	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Drag Race	Drag Race	Pimp My Ride
	551	542	25	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Style by Jury	Friends	Style by Jury	Style by Jury	Style by Jury	Style by Jury	*How I Married My High School Crush* (2007)		
	570	580	29	MM	One Tree Hill		Degrassi: TNG	Instant Star	Greek		Video on Trial	disBand	One Tree Hill
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Magnifica Italia	Magnifica Italia	Ma Il Portiere non C'e Mal?		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		I'm a Celebrity... Get Me Out of Here!				Entourage	Gene Simmons	Celebrity
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheer Moms
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*Time and Again* (2007, Drama) Brooke Burns.				House
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		Opera Under the Stars		Rockabilly 514		Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "Jeopardy"		Lost Worlds		To Build a Nation		NCIS "Jeopardy"		Marine Mach.
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Scream* ★★★ (1996, Horror) Neve Campbell.				Steve Harvey
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Nora's Hair Salon* (2004, Comedy) Jenifer Lewis.				Tiny & Toya	Welcome to	*Nora's Hair*
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Watchmen	Watchmen	Stargate SG-1
	581	566	52	MTV	Fist of Zen	After	MTV News	Cribs	Super Sweet	Super Sweet	Run's House	Run's House	MTV Live
	618	524	54	TROP	Power Play "Temptation"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	100 Mile Challenge		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Lost Gods	Search	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés "Été 1952" (SC)		TVA 22 heures	Juste pour rire en direct	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing		The Closer		Ghostly Enc.	In Dreams	Psychic Inv.
	300	601	301	M1	(6:30) *Transformers* ★★★ (2007, Action)				*The Dark Knight* ★★★★ (2008, Action) Christian Bale, Heath Ledger.				
	305	612	306	PIX	*Deep Blue Sea*	(7:20) *Ignition* (2002, Suspense)			*Showtime* ★ (2002, Comedy)			(10:45) *Bowfinger*	

critics'corner

Showtime

"Bad Robert De Niro movie" sounds like an oxymoron, but this forgettable 2002 comedy definitely qualifies. De Niro and Eddie Murphy team up to play Los Angeles police officers involved in a drug raid that is filmed by a TV crew. To settle a lawsuit after the crew's camera is shot at, a producer gets to trail the cops 24/7 while making a reality show. 11:30 AM on PIX

Being Erica

In this episode, Erica brings her best buddy, Ethan, to her high-school reunion as her date. A trip back to the time she lost her virginity gives her some insight into the roots of her problems with romantic relationships in "Plenty of Fish." 9 PM on CBC

The Cleaner

William is hired to help a pregnant East Indian girl who is addicted to meth and whose father is forcing her to get married. He kidnaps the girl on her wedding day and decides to take her to his safe house for detox instead of to the hospital in the new episode "The Projectionist." 10 PM on A&E

DUI for Three's Company star
TMZ has learned that Joyce DeWitt was arrested for DUI on July 4th in El Segundo, Calif. According to law enforcement sources, DeWitt drove past a barricade Saturday afternoon. TMZ.COM

Jayhawks together again on home soil

After time apart, re-formed group set to play first U.S. show

While critics give the Jayhawks credit for helping invent alt-country, co-founder Mark Olson is quick to downplay the band's contributions to the rustic blend of rock and country that blossomed in the 1980s and '90s.

"If people credit us with it, I think it was more that we happened to be working along the same lines" as other groups, Olson says. "There was definitely people working on the same thing."

Olson left the Jayhawks in 1995 but now is back in the lineup with co-leader Gary Louris. The re-formed Jayhawks played a couple of festivals in Spain in May and are scheduled to play their first U.S. show Friday in Minneapolis.

The concert coincides with Sony Legacy's release today of Music From the North Country: The Jayhawks Anthology. The collection spans the Minneapolis band's history from Twin/Tone Records through American Recordings; it's available as a single CD or a two-CD-plus-DVD set that includes Jayhawks music video clips.

In September, Sony Legacy will start rereleasing the Jayhawks' five major-label releases, with bonus tracks.

Olson, 47, recalls the Jayhawks making waves when they began playing in 1985, when "the Minneapolis Sound" was defined by Prince's funk-rock and the Replacements' pop-punk.

"I think people thought it was a little strange, we were playing this country stuff in the rock bars," Olson said in a recent interview.

The Jayhawks signed with Rick Rubin's Def American label (later American Recorddings) and released two classic albums — Hollywood Town Hall (1992) and Tomorrow the Green Grass (1995) — with producer George Drakoulias. Drakoulias said the Jayhawks "really opened the door" for other bands, such as Counting Crows and the Wallflowers. "We cracked it open, and those guys kicked it open," he said.

> **"It's a once-in-a-lifetime thing to find somebody that you can sing with ."**
> Gary Louris on re-uniting with bandmate Mark Olson

But after 10 years in the Jayhawks, Olson decided to leave the band when he married singer-songwriter Victoria Williams and moved to the California desert. (The two have since split up.)

Olson said he also was put off by the "big tour buses" and other rock-star trappings that had enveloped the Jayhawks. He went on to tour Europe and put out albums as the Original Harmony Ridge Creekdippers. The Jayhawks soldiered on, putting out three more albums — Sound of Lies (1997), Smile (2000) and Rainy Day Music (2003) — before Louris declared the band dead in 2005.

Olson and Louris hadn't spoken much for five or six years when the two got back together in 2002 to write a song for a movie.

"And that's I think a little bit to my discredit, but I should have picked up the phone more," Olson said of his estrangement from his songwriting and singing partner.

The two began touring as a duo and earlier this year released an album on New West Records, "Ready for the Flood," produced by Chris Robinson of the Black Crowes.

Louris, 54, said he's glad the two have mended fences.

"It's a once-in-a-lifetime thing to find somebody that you can sing with and create this third voice," Louris said.

Freelance writer P.D. Larson, a longtime Jayhawks fan, co-produced and wrote liner notes for the anthology.

He looks forward to hearing the blending of Olson's and Louris' voices again.

"It's one of those intangible things," Larson said of the combination of the Jayhawks' two leaders.

"Certainly part of it is a yin and yang thing. Their voices complement each other well."

THE ASSOCIATED PRESS

JIM COOPER / THE ASSOCIATED PRESS

Members of the Jayhawks in 2003. From left, Gary Louris, Marc Perlman, Stephen McCarthy, and Tim O'Reagan pose on a roof in New York.

Author continues to keep busy despite life-changing disease

ADVERSITY When Paul Quarrington first found himself struggling to breathe a few months ago, he reached to place blame: on a self-diagnosed vocal cord disorder, on a lack of physical activity, even on a severe allergy to the tulips blooming in Ottawa where he was visiting.

But after a friend heard Quarrington's strained voice filter through the telephone, she feared something far worse — something doctors later diagnosed as lung cancer.

A little over a month after the diagnosis, the award-winning novelist, musician, playwright and filmmaker isn't dwelling on the bad news. Instead, he's marching forth with a typically staggering number of projects.

"I had a lot on the go, you know — maybe I won't be able to finish everything that I started, but I'm trying to get a lot done while I still feel well," Quarrington said in a telephone interview.

THE ASSOCIATED PRESS

Paul Quarrington

In fact, Quarrington is developing two new television series — one is an adaptation of his novel, The Ravine — and a new book about music, as well as a film adaptation of his Giller Prize-nominated novel Galveston.

The Governor General's Award-winning author of Whale Music also continues work on a new CD with his band, the Porkbelly Futures, which began a short tour of the Maritimes last Wednesday.

Quarrington has Stage 4 lung cancer, which is the most advanced form of the disease and isn't considered curable, but is treatable with chemotherapy. The father of two hasn't started chemo yet, and says he won't until he begins feeling poorly.

"I'm still pretty healthy now, I'm still hale and hearty and you know, my appetite seems to be my great ally and I haven't lost it — it's apparently one of the first things to go, but mine says: 'No way,'" Quarrington said.

"I feel pretty good and healthy and I'm not really going to start worrying about the other stuff until I have reason to."

Instead, Quarrington is focusing on what looks to be a packed work schedule.

Where to start?

He's developing a television series for TMN with Canadian TV and film director Jon L'Ecuyer.

He's also developing an episodic television show that picks up where his novel The Ravine left off.

Meanwhile, Peter Lynch — the director behind Project Grizzly and Cyberman — has recently acquired the rights to Galveston, and Quarrington is involved in the adaptation.

Health tour

- Quarrington is hoping touring with his band, the Porkbelly Futures, will be good for his health.

"I've been seeing some practitioners of Chinese medicine and they recommended various foodstuffs, none of which I was familiar with previously — leafy green vegetables and stuff," he said. "So we've got that in a juicer, and heading out for the Maritimes where they have fresh seafood, so that should be good."

And the Porkbelly Futures are assembling some "pretty lush" material that features a roots-rock approach, though Quarrington warns the new album might not see the light of day for a while yet.

In fact, he's still writing for the record, and he says his illness may factor thematically into his songwriting.

"I think I said somewhat jokingly that a lot of the new material is kinda weepy and maudlin since the diagnosis, which isn't entirely true," he said.

"But the phrase, 'that changes everything' — in connection with the diagnosis — struck me as really kind of profound in a very simple manner.

"It does change the way you think about most things, the work you're doing, the songs you're writing.

"So I think its influence will be there, sure."

Quarrington is also working on another book, with the working title The Song, which he says is about his lifelong involvement in music.

THE CANADIAN PRESS

Idol judge gets married
American Idol judge Kara DioGuardi wed longtime boyfriend, contractor Mike McCuddy, Sunday in Prospect Harbor, Maine. USMAGAZINE.COM

En Vogue is back

DAVID COOPER/THE TORONTO STAR

En Vogue, seen here in 2007 at the Hershey Centre in Mississauga, reunited on stage Sunday at the Essence Music Festival in New Orleans.

En Vogue marked their 20th anniversary as one of music's most successful female groups with a reunion show that electrified the crowd at the Essence Music Festival.

Sunday night's performance featured all the group's original members — Cindy Herron-Bragg, Terry Ellis, Dawn Robinson and Maxine Jones — soaking up an enthusiastic audience that sang along and danced in the aisles.

"It was amazing," Herron-Bragg said of the audience reaction and participation. "I'm just glad we were able to connect with them."

"We're just excited to be together again," Robinson said.

"It's like we never missed a beat. It feels normal again."

Known for their hits Free Your Mind, My Lovin' (You're Never Gonna Get It) and Don't Let Go, the group opened the final night of the festival. They performed a medley of tunes by female artists who inspired them, including Gladys Knight, Anita Ward and Aretha Franklin.

Because of time constraints, however, they were unable to sing some fan favourites such as Giving Him Something and Whatta Man or close the show with Hold On and its signature acapella intro of Who's Loving You, one of their hits that paid tribute to Michael Jackson and the Jackson 5.

"He's the reason why we stand here together," Ellis said of Jackson, who died June 25. "He was the most phenomenal entertainer ever."

Fans were impressed and grateful to see the group back in form.

Yolanda Escobar of San Francisco said the group seemed to still have that magic that launched them back in the '90s.

"It was great and they looked good," she said.

Producers Denzil Foster and Thomas McElroy created En Vogue, which debuted in 1990.

Their perfect harmonies and sexy personas catapulted them into the industry's stratosphere, setting a standard for later groups, like Destiny's Child, and sparking comparisons to previous girl groups like The Emotions and The Supremes.

"We come from a time when 'singing' was the norm," Herron-Bragg said.

"I think that's one of the things that continues to draw fans to us."

The group, which sold more than 20 million albums worldwide, has appeared in original form a couple of times since 2007.

But they're hoping for a larger comeback later this year with a new album. Ellis said they're also considering a move into reality TV.

"It's just another venue to get our music out there," Robinson said. "The industry has changed. It's not just about getting a record deal anymore. It's about exposure."

"Twenty years in the business is a long time and we've had a lot of fun in the process, but there's also been some ups and downs and we'd like to share some of that," Ellis said.

THE ASSOCIATED PRESS

Film about sex tops among nominees for Canadian awards

THE CANADIAN PRESS/HO/CHRISTAL FILMS

Actors Enis Esmer (left), Peter Oldring, Natalie Lisinska are shown in a scene from the film Young People F—ing. The actors, along with the film, are nominated in the Canadian Comedy Awards.

COMEDY A sexually-charged film with a provocative title is up for a leading eight Canadian Comedy Awards.

Young People F—ing, about the bedroom adventures of five couples, was recognized in acting, writing and directing categories yesterday as the nominations for the 10th annual show were announced online.

The film's stars — Josh Dean, Ennis Esmer, Peter Oldring, Kristin Booth, Natalie Lisinska and Carly Pope — all received nominations for their roles.

Martin Gero was nominated for directing the romantic comedy and shares a second nomination for writing the screenplay with Aaron Abrams.

Ottawa native Jeremy Hotz, who wrote for The Jon Stewart Show in the 1990s, has three nominations.

He's up for best male standup and has two nods in the category of best taped, live TV performance: One for his Just for Laughs Gala and another for What a Miserable Show This Is.

Other best male standup nominees include Scott Faulconbridge, Glen Foster, David Pryde and Sugar Sammy.

Debra DiGiovanni of Toronto has two nominations — one for best taped, live TV performance for her Halifax Comedy Festival special and another for best female standup.

Also nominated for best female standup is Kate Davis, Shelley Marshall, Allyson Smith and Kristeen Von Hagen.

The Canadian Comedy Awards were founded in 1999 as a non-profit organization to recognize homegrown achievements in comedy at home and abroad.

This year's awards show, presented by The Comedy Network, is set for Oct. 2 at the Imperial Theatre in Saint John, N.B. The show will be taped for a broadcast at a later date.

THE CANADIAN PRESS

Comedian's half-brother faces more charges

CRIME Dane Cook's half brother is facing new charges in Massachusetts that he allegedly stole more than $11 million US from the comedian.

Prosecutors say 43-year-old Darryl McCauley has been indicted on an additional 20 counts of larceny over $250 for allegedly stealing from Cook between March 2004 and December 2008.

Authorities say McCauley wrote company cheques to himself and transferred funds into his personal bank accounts while being paid $12,500 a month to act as business manager for Cook's company, Great Dane Enterprises.

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DVD picks

Knowing
Director: Alex Proyas

NICHOLAS CAGE never seems to turn down anything, especially if it has a sci-fi or fantasy angle, but he at least has a talent for finding profitable and moderately diverting films, as the National Treasure series has amply verified.

It's much the same with Knowing, a Biblical doomsday thriller that did improbably good box office back in the spring, despite recycling the plots of about a dozen such apocalyptic pictures.

A 1959 prologue sets the clock ticking on an ominous set of predictions. Asked to contribute to a time capsule, a weird kid in a Boston-district school submits a list of numbers that apparently mean nothing, unless you watch a lot of spooky movies. Too bad the dog didn't eat her homework.

Flash forward to 2009, and the son (Chandler Canterbury) of MIT astrophysics professor John Koestler (Cage) finds the numbers and shows his dad, a skeptic by training and an atheist by conviction (he blames God for his wife's death).

Much to his shock and awe, John discovers the figures have added up to reveal not just tragedies of the past half century (9/11 among them), but more to come — including (insert drum roll) the end of the world. Can he do anything about it? At least he has a beautiful accomplice (Rose Byrne) to go crazy with.

Knowing works best for people who know their Bible and who have a high tolerance for cheesy special effects.

Good for a cottage video rental — and isn't that worth Knowing?

Before Tomorrow
Director: Marie-Hélène Cousineau

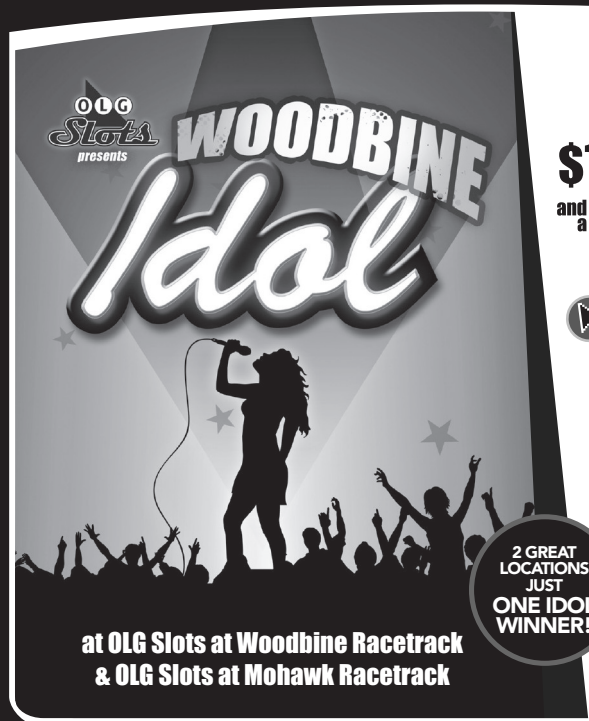
THE REMARKABLE films out of Canada's north over the past decade have been dominated by men, in particular Zacharias Kunuk and Norman Cohn, the duo behind Atanarjuat (The Fast Runner) and The Journals of Knud Rasmussen.

The women of Nunavut are now finding their voice, with Before Tomorrow, a drama of family love in the midst of isolation and a smallpox tragedy.

Director Marie-Hélène Cousineau founded Arnait Video Productions, a video workshop for Inuit women that is allied with Igloolik Isuma Productions, which Kunuk and Cohn co-founded. The Montreal-born Cousineau worked with community elder and actor Madeline Piujuq Ivalu, who is also the film's female lead.

The prize-winner for Best Canadian First Feature at TIFF '08, Before Tomorrow displays superior storytelling flair in a drama of an elderly woman trapped on a remote island with her teen grandson when a fall ritual goes drastically awry.

Peter Howell/ for Metro Canada

OLG Slots - Your Mini Holiday!


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Must be 19 years of age or older. Valid government-issued photo identification may be required. No purchase necessary. Participating locations include OLG Slots at Mohawk Racetrack and OLG Slots at Woodbine Racetrack. Chances of winning an entry to the auditions depend on the number of eligible entries received. Deadline to enter for a chance to audition is July 23, 2009 at 4:00 p.m. Limit one (1) online entry for a chance to audition per person. Approximate retail value of Grand Prize is $15,000 CDN. Please visit olg.ca/idol or the Winner's Circle Rewards desk for complete rules and regulations. Patrons with self-excluded or trespassed status as determined by OLG, will not be eligible to participate in this or any OLG Slots & Casinos promotion. Any self-excluded person detected at a gaming property will be removed and trespassed. Pour renseignements en français, adressez-vous à un des représentants de Récompenses du Cercle des gagnants.

In brief

ITUNES GETS MORE A handful of HBO programs, including Entourage and Sex and the City, are now available for purchase on iTunes Canada. The American network put those shows, as well as Flight of the Conchords, The Wire and Eastbound & Down, on the iTunes Canada store Thursday. Users can download individual episodes for $2.49 for standard-definition format and $3.49 for high-definition.

STILLER AND LANCE Hollywood star Ben Stiller paid a visit to seven-time Tour de France champion Lance Armstrong before Monday's third stage of the Tour de France. Stiller went into the Astana team bus in Marseille just before the start of the race and was thrilled by his chat with the Texan.
"I'm a big Lance fan," Stiller said. "It's my first time on the Tour. It's the real deal here. I'm very excited."

THE CANADIAN PRESS

GlobalStyle

Kenya Hunt
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metronews.ca/movies

Pattinson not loving N.Y.
Filming in New York has not endeared the city or its women to Twilight star Robert Pattinson, who is said to be discouraged by the amount of attention he receives from his fans, popeater.com reports. "He's overwhelmed by all the girls — they terrify him," an insider says. METRO NEWS SERVICES

Celebrity Buzz

Who's the real Brüno?

INSPIRATIONS It looks like Brüno, Sacha Baron Cohen's over-the-top gay character, isn't as outrageous a fabrication as you may think, people.com reports. There's a debate raging in Austria right now over who the "real Brüno" could be, and there is not one but two contenders.

Alfons Haider is the front runner. A deliciously theatrical 51-year-old entertainer — actor, cabaret star, reality show host, singer — thinks the discussion is a hoot. "Aren't we a funny country? It's like there's no recession or other problems in the world. Here the press is worried about who the real Brüno is."

As for the resemblance with Cohen's creation, he tells People, "I only have four things in common with Brüno: I'm a man, an Austrian, I'm on television, and I'm gay — that's it."

He also has a theory about being Brüno's inspiration, adding, "Nine years ago, Sascha Baron Cohen studied in Austria for a year. Since I've done over 800 television shows in the past 15 years, I can't rule out the possibility that he may have seen one of my shows."

The only problem with Haider is he's not into fashion. Enter "Brüno" number two. Adi Weiss, a 33-year-old Vienna-based fashion journalist who, although still new to television, fits the rest of the bill.

Weiss is hardly as flamboyant as Brüno — he told People that he is "the most down-to-earth fashion journalist you'll ever meet."

As far as Weiss is concerned, though, Brüno is utterly a figment of his creator's imagination. METRO NEWS SERVICES

10th anniversary as Posh as it gets

ISLAND GETAWAY David Beckham has hired Thunderbirds' Tracy Island for his tenth wedding anniversary to wife Victoria, femalefirst.co.uk reports.

The soccer star has reportedly splashed out more than $200,000 to ensure he and the former Spice Girl are the only people on the idyllic North Island in the Seychelles — which featured in the 2004 film adaptation of the puppet TV series Thunderbirds.

A source said: "David and Victoria appear so in love. They have gone on lots of romantic walks, holding hands like a couple of newlyweds."

The 34-year-old sportsman has hired a private chef and a team of 20 staff members to look after Victoria and himself during their stay. METRO NEWS SERVICES

Miley single and loving it

TWEET SPOT It looks like Miley Cyrus and Nick Jonas are not dating after all, popeater.com reports. The Hannah Montana star took to her Twitter page to announce her love of the single life and to ask the Almighty to find her the perfect dude. METRO NEWS SERVICES

London calling Madonna

HOME RUN Madonna misses living in London — and regularly flies back to the U.K. so her adopted daughter Mercy can experience life in Britain, femalefirst.co.uk reports.

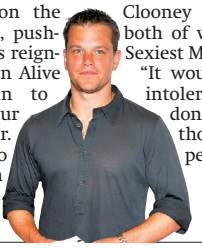
The star fled to New York following her divorce from second husband Guy Ritchie last year, she tries to split her time between the Big Apple and the British capital but has recently spent much time at her New York residence.

However, since winning her appeal to adopt Malawian tot Mercy James, 4, in May the superstar singer has been trying to spend as much time in the U.K. as possible, insisting she still considers London her home.

She insists the regular visits to the city are good for her youngest child — because many of her London-based friends have children of similar ages to Mercy. She tells FemaleFirst; "A lot of my girlfriends here have kids so she (Mercy) has playdates every day. METRO NEWS SERVICES

Damon rooting for Jackman

WHO'S SEXIEST? The political season is over, but Matt Damon is still on the campaign trail, pushing for People's reigning Sexiest Man Alive Hugh Jackman to take the honour again this year.



Damon also has ideas on who should not be up for consideration: His Oceans 11 cast-mates George Clooney and Brad Pitt, both of whom have been Sexiest Man Alive twice.

"It would be absolutely intolerable, so, no, I don't want either of those guys to threepeat," he joked. METRO NEWS SERVICES

Fergie hubby hits the stripper pole

WILD GIFT Josh Duhamel and Fergie received some very interesting wedding presents, the actor admits. The oddest of all? A stripper pole for their home. "I've played on the pole more than she has," Duhamel says. METRO NEWS SERVICES

Chaz wants sex change on TV

REALITY CHECK After announcing her intentions to undergo gender reassignment surgery, Chaz Bono, formerly known as Chastity, is reportedly fielding offers from producers to document the transformation for a reality TV show.

"Chaz is adamant about recording her sexual identity struggles and her transition from female to male," a source tells the National Enquirer.

But it's reportedly something her mom, Cher, can't get behind. "Cher was shocked," another source says. METRO NEWS SERVICES

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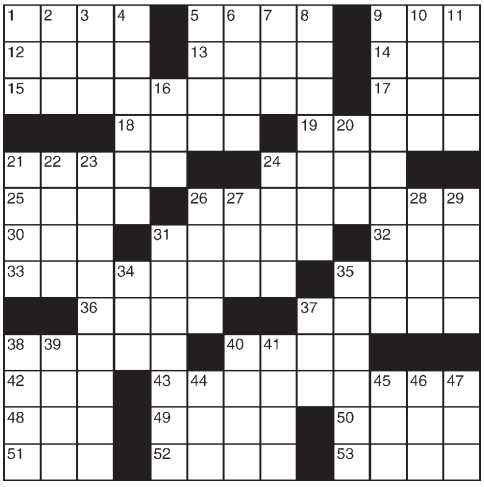

Crossword across

1 Parks or Bonheur
5 Chess piece
9 Dandy
12 Sleeping
13 Conception
14 White House nickname
15 Big-bucks specialist
17 Pinch
18 Heart of the matter
19 Holds sway
21 Add on
24 Mrs. Dithers in the comics
25 Advertising award
26 Presentations
30 Sun shade?
31 On all — (crawling)
32 Anonymous John
33 Cheap ride section
35 Carriage
36 "Star —"
37 Stash a lot
38 Crouch
40 Hoodlum
42 Triumphed
43 A little pointer?
48 Mimic
49 Russian river
50 Killer whale
51 Third degree?
52 Tardy
53 Spud's buds

Crossword down

1 U.K. fliers
2 Kimono closer
3 Rep.'s counterpart
4 At a slow tempo
5 Snapshots
6 Mine entrance
7 Tiny
8 NYC's Verrazano-— Bridge
9 Vodka brand or Sibelius work
10 Tom Joad, e.g.
11 Energizes, with "up"
16 Kibosh
20 Spoonbender Geller
21 Performs
22 Level
23 Tweaked
24 Heart
26 Drench
27 Embrace
28 No stay-at-home
29 Transmit
31 Worrisome
34 Historic time
35 Fifth president
37 Weeding tool
38 Trade
39 19th Hebrew letter
40 Summertime pest
41 Look lasciviously
44 Playwright Levin
45 Take a whack at
46 Lemieux milieu
47 — de deux

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9			5			6	
		7	4		2	8		
3								1
7		1				5		8
			2		5			
6		9				4		7
9								5
		3	6		9	7		
	8			4			1	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	R	E	O	■	S	I	S	■
F	U	L	L	S	T	O	P	■
F	E	M	I	N	I	N	E	■
■	■	V	A	R	■	E	R	A
B	L	E	E	P	■	A	D	A
O	A	T	S	■	B	U	S	S
S	M	U	■	E	A	T	U	P
■	P	I	T	S	T	O	P	■
■	■	O	P	T	S	■	P	S
D	A	C	T	Y	L	■	M	A
R	O	O	T	■	E	L	E	C
A	N	T	E	■	R	E	S	T
B	E	E	R	■	S	O	S	■

O	A	H	U					
■	X	M	A	S				
■	C	I	T	E				
S	E	R	■	■				
A	D	A	R	■				
■	B	U	S	S	T	O	P	■
■	K	E	G					
■	T	R	E	Y				
■	P	S	A	L	M			
■	M	A	E	■	■			
■	E	L	E	C	T	O	R	S
■	R	E	S	T	S	T	O	P
■	S	O	S	■	E	T	N	A

5	2	7	9	8	3	4	1	6
4	9	3	5	1	6	7	8	2
8	6	1	7	4	2	5	3	9
9	7	6	8	2	5	3	4	1
2	8	5	4	3	1	6	9	7
3	1	4	6	7	9	2	5	8
7	4	9	2	5	8	1	6	3
1	5	8	3	6	7	9	2	4
6	3	2	1	9	4	8	7	5

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SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Leek and Cheddar Cheese Tart

INGREDIENTS:

7–8 slim leeks, about
2 lb (1 kg) in total
Salt and black pepper
1/2 lb (250 g) fresh puff pastry
1 tbsp (15 ml) Dijon mustard
1 medium egg
3/4 cup (175 ml) cheddar cheese

METHOD:

1. Preheat oven to 450°F (230°C). Put kettle of water on to boil.
2. Trim leeks to length of about 7 in. (18 cm) and rinse them. Arrange in single layer in wide frying pan, pour on boiling water from kettle, add pinch of salt, return to boil, reduce heat, and simmer, covered, 6–8 minutes.
3. While leeks cook, roll out puff pastry on lightly floured surface to 10 in. (25 cm) square, then transfer pastry square onto baking sheet.
4. Cut 1/2 in. (1 cm) strip of pastry from each of four sides. Dampen area around edge of square with water and trim pastry strips to fit flat on top of dampened edges, so that they look like picture frame; press lightly into place.
5. Drain leeks and cool under cold running water. Drain again, then wrap in folded dish cloth and press gently to remove remaining moisture.
6. Arrange leeks inside pastry case and brush with mustard. Break egg into small bowl and beat lightly, then brush border of tart with beaten egg. Grate cheddar cheese and spread evenly over top of leeks.
7. Bake on top rack of oven for 15 minutes, or until pastry is risen and golden and cheese has melted and is bubbling. Remove from oven and cut into quarters with serrated-edged knife. Serve hot or warm.

SERVES 4

rd.ca

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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
You may not be able to control the way other people behave but you can control the way you react to their antics.

TAURUS
APRIL 21-MAY 21
It might be wise to keep your suspicions to yourself today, no matter how much you want to confront someone with the evidence you have uncovered.

GEMINI
MAY 22-JUNE 21
What seems like such a good money-making idea now may turn out to be the opposite later on, so err on the side of caution today.

CANCER
JUNE 22-JULY 22
A lunar eclipse in your opposite sign of Capricorn means you won't get any sense out of partners and loved ones today.

LEO
JULY 23-AUG 23
It would appear that a deadline of some sort is putting you under intolerable pressure. Either find an easier path or forget about it altogether.

VIRGO
AUG 24-SEPT 22
You have so much potential but there is a danger that today's eclipse could tempt you to overreach yourself.

LIBRA
SEPT 23-OCT 23
Disruption of some sort is inevitable today but it must not be allowed to deflect you from the objectives you are pursuing.

SCORPIO
OCT 24-NOV 22
A plan made on the spur of the moment today is unlikely to work out the way you envisaged, so don't be too eager to push ahead with it.

SAGITTARIUS
NOV 23-DEC 21
It may seem as if you have gone as far as you can towards your goal and you may be tempted to give up once and for all, but don't be hasty.

CAPRICORN
DEC 22-JAN 20
The lunar eclipse in your sign will make you rather emotional today, but that's not necessarily such a bad thing. Let it all out once in a while.

AQUARIUS
JAN 21-FEB 18
It may feel as if events are running away and that may in fact be true, but why should it worry you? Sit back and enjoy the ride.

PISCES
FEB 19-MARCH 20
You will have to choose between working with others and giving up some of your aims, or going it alone but without the support that teamwork brings.

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WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Be in debt to actor Russell (1)
2. Slightly wet 44-cent postage (1)
3. Gander liquid (1)
4. Is unable to intone "om" (1)
5. More slick-talking liar (2)
6. Teacher retirement money stress (2)
7. Braggart's "roller" rides (2)

ANSWERS
1. OWE CROWE 2. DAMP STAMP 3. GOOSE JUICE 4. CAN'T CHANT
5. GLIBBER FIBBER 6. PENSION TENSION 7. BOASTERS COASTERS

7-7-09

This day in history

JULY 7, 1456: A retrial verdict acquits Joan of Arc of heresy 25 years after her death.
JULY 7, 1534: European colonization of the Americas: First known exchange between Europeans and natives of the Gulf of St. Lawrence, in New Brunswick.
JULY 7, 1863: United States begins first military draft; exemptions cost $100.
JULY 7, 1928: Sliced bread is sold for the first time by the Chillicothe Baking Company of Chillicothe, Missouri. It is described as "the greatest forward step in the baking industry since bread was wrapped."

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